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# FITNESS JOURNAL: COMPLETE WEEKLY WORKOUT AND FOOD DIARY



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Fitness Journal to track your Results. This fitness and diet journal combo, is great for keeping a daily/weekly log of your exercise routines and food intake. The workout journal fits perfectly in your training bag so it is great for on the go tracking. This journal will help your weight loss journey by measuring your...

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- Authored by Fitness Journal For Women and Men
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