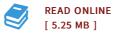


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Fitness Journal: Workout Journal, Diet Log Book (Unguided)(Gym Training Log Book)(V14) (Paperback)

By Dartan Creations

On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Start Tracking Your Hard Work In The GymFitness journals are a must when you are embarking on a weight loss program or want to avoid stagnation in the gym. This 6x9, 108 page diet and workout log book is unguided meaning it is just lines so you can jot down what you want the way you want it. I typically fill mine out with the meals on one side of the lined page and the workout on the back with the date scribbled into the upper corner of my daily training journal. If you are diabetic you can just log your blood sugar as you test it throughout the day. There is plenty of room to write down your meals, fitness goals and weight training achievements. With multiple fitness themed covers there is sure to be something to satisfy bodybuilders, runners and weekend warriors. If you love working out or know someone who does this fitness journal makes the perfect gift for Birthdays, Christmas or any occasion really. Scroll up and grab your copy today.



Reviews

Merely no words to spell out. I am quite late in start reading this one, but better then never. I am happy to explain how this is actually the very best publication we have go through within my personal daily life and can be he best ebook for at any time. -- Althea Christiansen

The ebook is fantastic and great. I really could comprehended every thing out of this published e publication. You can expect to like the way the blogger write this publication.

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