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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Stay focused, challenge your mind and body daily. This exercise and food diary is a simple tool to help you achieve your eating and fitness goals. With sections for breakfast, lunch, dinner and snacks, as well as a place to track of your daily water intake and weight. The exercise section allows you to keep track of your cardio, reps and weights to ensure you re on the path to a healthier You.

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