



Personal Trainer Workout Log: Daily Training, Fitness Workout Journal Notebook 114 Pages 6x9 Inches (Paperback)

By Best Workout Journals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This workout and food journal 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 s great for on the go tracking. This journal will help your weight loss journey by measuring your fitness and eating habits, which has been shown to increase your results rapidly! This fitness and food journal measuring 6 x 9, has one page for recording your workout routines, an the other side for your food diary. This will be the only journal your need as it has space for a whole 12 months of tracking. Jump-start your fitness and weight loss goals in 2017 and beyond with this amazing fitness journal log, and it will be one of the best investments for your body you can make.



Reviews

The book is great and fantastic. It is rally exciting throgh reading time period. I am pleased to let you know that this is basically the greatest ebook i actually have go through inside my very own life and may be he best book for possibly. -- Mr. Hyman Ankunding DDS

This written ebook is excellent. It is amongst the most awesome ebook i have study. You will not truly feel monotony at whenever you want of the time (that's what catalogs are for regarding if you ask me). -- Devante Langworth IV

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Read Write Inc. Phonics: Blue Set 6 Storybook 9 a Box Full of Light

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 194 x 160 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1, 2 and 3...

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Weebies Family Halloween Night English Language: English Language British Full Colour

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: Brand New. 56 pages. 9.00x6.00x0.15 inches. This item is printed on demand.

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