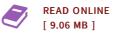


## Fitness Journal: For Women, Unguided Workout Journal and Diet Tracker (Gym Training Log Book) (V29) (Paperback)

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

The ideal pdf i at any time read. I am quite late in start reading this one, but better then never. You will like the way the author create this book. -- Eliane Bednar

Without doubt, this is actually the greatest operate by any writer. It is really basic but surprises within the 50 percent of the ebook. I discovered this ebook from my i and dad recommended this ebook to understand. -- **Mrs. Chelsea Hintz**