

The Diet Journal: Vintage Pink Rose Fitness Journal - Beautiful Moment Creatures (6x9 Inches) (Paperback)



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Reviews

Comprehensive guideline! Its this sort of good read. It is actually written in simple terms and never hard to understand. Its been developed in an exceedingly simple way which is just after i finished reading through this ebook where actually changed me, modify the way in my opinion.

(Mabelle Wuckert)




THE DIET JOURNAL: VINTAGE PINK ROSE FITNESS JOURNAL - BEAUTIFUL MOMENT CREATURES (6X9 INCHES) (PAPERBACK)

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On Demand Publishing, LLC>Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DIET AND EXERCISE JOURNAL DIET AND WEIGHT LOSS PLANNER This Diet Journal is the best solution for you to organize and plan daily diet food. The personal pocket-size 6 x 9 inches is portable and easy to carry. Space to fill in total 90 Days Challenge SPECIALS - BMI: BMI Checking Chart Inside - Compare your weight (before after 90 Days) - Write down; plan your 90 Day Goals - Water Drinking Tracker - Fitness Tracker SPECIFICATIONS - Type: Diet Journal and Food Diary - Cover: Matte Paperback - Dimensions: 6 x 9 inches - Pages: 104 pages STOP DREAMING, START DOING! We create design the simply perfect Diet and Fitness journal with the pocket size that can make your life in everyday easier. Please follow us for more design in diet food plan, weight loss cookbook, wellness journal.

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