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By Fitness Journal Publishing

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This 50 page journal is filled with crisp clean pages that are specifically designed to help you achieve all your fitness goals for 2017 and beyond. The pages have been designed with spots for you to record your workout routine. Your dietary intake and your vitamin supplements. Each page has been categorized alphabetically, but also by date, making any aspect of your fitness routine easy to find in a matter of moments whether you are trying to remember how much weight you were able to bench press last month or the name of that really pays the energy bar you have on your walk to the park last week or your specific dose of vitamin C whatever it is. If it s part of your fitness routine. This nifty little journal will be able to record it and make sure that the information is always safe, secure and easy to access. This journal designed to help you with your weight loss routine and/or diet. The pages have been categorized by date and also with alphabetical to have making any little...

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