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Food and Exercise Journal: Everything Looks Good on Skinny (Paperback)

By Chiquita Publishing

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Food and Exercise Journal: Everything Looks Good on Skinny Is this the year that you reach your fitness goal? It can be! This daily food and exercise journal will help you reach that weight goals. Do you ever find yourself eating absent-mindedly? Wouldn't it be great if you had a little help? This food diary helps you to track your meals and your fitness routine. Imagine how much better it would be if you can track your work outs and record your meals throughout the week. The WOD log book gives you that opportunity plus more. Plus this journal also tracks your eating habits. Record your breakfast, lunch, dinner and marked down your calorie intake. Not only that but record other important factors like stress and sleep levels. Here's why you'll love this crossfit journal: Meal logs to easily see what you've been consuming Calorie logs to track and eliminate any cheating Track your daily work outs with the WOD log Stay hydrated by tracking your water consumption 3 month progression log to easily...



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