



## Wellness Journal: A Daily Sleep, Mood, Fitness & Health Tracker - Get 1% Better Every Day (Paperback)

By Fash Pash

Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. Are you trying to live a better life? Do you want to connect the dots between what you eat and how you feel? The FashPash wellness journal helps you find where your eating habits fit into your broader well-being. From sleep to exercise to mindfulness, gratitude and doing things for yourself. How you feel is a result of all of things elements working well together. It is so pretty and elegantly designed that you'll look forward to tallying up your meals. This daily companion will help you become the best version of you. With daily questions of what you could do better, it uses the Kaizen technique of improving by just a little bit every day. If you improve just 1% per day, you'll be 37 times better in a year! 1% is so easy, you know you can do it and this health journal will help you improve. Easily keep track of what you eat and drink, how many vegetables you eat, how many glasses of water, how much exercise you do and what it is and then evaluate how all that made you feel and sleep. With room for 90...



**READ ONLINE**  
[ 3.92 MB ]

### Reviews

*A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.*

*-- Cathrine Larkin Sr.*

*Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.*

*-- Mark Bernier*

## See Also



### Genuine new book Essentials of Leadership: Principles and Practice (4th Edition) (U.S.) Shiliboge. (U.S.(Chinese Edition)

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2012-05-01 Pages: 280 Publisher: Welcome to Our Publishing House of Electronics Industry. service and quality to your satisfaction. please...



### Summary of The First 90 Days, Updated and Expanded: Proven Strategies for Getting Up to Speed Faster and Smarter by Michael Watkins (Paperback)

Important Publishing, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. The First 90 Days, Updated and Expanded: Proven Strategies for Getting Up to Speed Faster and Smarter by Michael Watkins - Book Summary - Readtrepreneur (Disclaimer: This is NOT...



### Are You My Type, Am I Yours? : Relationships Made Easy Through The Enneagram

HarperOne, 1995. Condition: New. book.



### Preservation of Arsenic Species (Paperback)

Iwa Publishing, United Kingdom, 2007. Paperback. Condition: New. Language: English. Brand new Book. In order to establish effective treatment removal strategies for arsenic, it is important to know the actual concentrations of As(III) and As(V) in drinking waters. Due to its anionic...



### Single Girls Don't Cry, They Pray: Food for the Soul of the Single Godly Woman (Hardback)

AUTHORHOUSE, United States, 2018. Hardback. Condition: New. Language: English. Brand new Book. You're single, and you love God. Now what? You are a recent widow or divorced after years of marriage. Now what? You have never been married, and you love God....



### Introduction to Quantitative Finance: A Math Tool Kit (Hardback)

MIT Press Ltd, United States, 2010. Hardback. Condition: New. Language: English. Brand new Book. An introduction to many mathematical topics applicable to quantitative finance that teaches how to "think in mathematics" rather than simply do mathematics by rote. This text offers an accessible...