



Lose Weight Fast Diet Journal (Paperback)

By Alex A. Lluch

WS Publishing, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book. Lose Weight Fast, the latest from the top-selling line of diet and fitness journals, is the most convenient and user-friendly diet journal on the market. It provides an easy way to lose weight, increase energy, and improve eating habits. In addition to its compact size, this book includes room to record daily food and beverage intake; document exercise, supplements, weight, and energy levels; daily nutrition and fitness tips; monthly wrap-up pages with space for a photo and measurements to track weight-loss progress; motivational stickers; fold-out progress chart; mini removable journal; and updated nutritional information on popular foods, and more.



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It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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