

COPYRIGHT © FERNWOOD

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of Fernwood Fitness.



FOOD & MOOD

Journal

Finding
BALANCE

Nourish
YOUR BODY

Nourish
YOUR MIND

LOVE
YOUR
Gut

LOVE
Yourself

Female
FOCUSED FOODS

fernwood
FITNESS

FOOD & MOOD *Journal*

Finding
BALANCE

Nourish
YOUR BODY

Nourish
YOUR MIND

LOVE
YOUR
Gut

LOVE
yourself

Female
FOCUSED FOODS

FITNESS
fernwood[®]

FITNESS
fernwood[®]