

Read eBook

WORKOUT JOURNAL: WORKOUT DIARY WITH FOOD EXERCISE JOURNAL LOG: PERFECT WORKOUT CHARTS WEIGHT LOSS JOURNAL TO KICK-START YOUR FITNESS ROUTINE



WEEKLY WORKOUT JOURNAL				
Date	Exercise / Activity	Set	Reps	Notes / Comments
1/1	Cardio: Jump Rope	2	2	Used to stretch arms
1/2	Core: Crunch, Side Plank, Plank	3	10	Partnered with Yoko
1/3	Planks	2	—	Core at
1/4	Cardio: Jump and Side Squat	2	10	—
1/5	Cardio: Crunching	2	25	Little out of breath
1/6	Stretching: Seated	1	—	Kick for 1 day

DATE	Breakfast	Lunch	Dinner	Snacks	Total
Mon	Low fat Cornstarch Pancakes	Cheese Omelette, Tomato, Spinach, and Fruit	Salmon & Couscous	—	—
Calories	400	377	490	0	1267
Tue	Scrambled egg and mushrooms	Crunchy Tuna Wrap & Salad	Grilled fish, Pasta with squash	Strawberry's	—
Calories	325	382	513	249	1469
Wed	Protein Shake and a banana	Chicken and rice stir fry	Salmon, cucumber, carrot, pasta	2 glass red wine and grapes	—
Calories	282	380	510	240	1412

Workout Diary with Food & Exercise Journal Log

To get Workout Journal: Workout Diary with Food Exercise Journal Log: Perfect Workout Charts Weight Loss Journal to Kick-Start Your Fitness Routine eBook, remember to follow the link beneath and download the file or gain access to other information that are relevant to WORKOUT JOURNAL: WORKOUT DIARY WITH FOOD EXERCISE JOURNAL LOG: PERFECT WORKOUT CHARTS WEIGHT LOSS JOURNAL TO KICK-START YOUR FITNESS ROUTINE book.

Download PDF Workout Journal: Workout Diary with Food Exercise Journal Log: Perfect Workout Charts Weight Loss Journal to Kick-Start Your Fitness Routine

- Authored by Blank Books n Journals
- Released at 2015



Filesize: 8.49 MB

Reviews

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Zachery Mertz**

If you need to adding benefit, a must buy book. It is really simplified but excitement from the 50 percent of your book. I discovered this book from my dad and i recommended this book to understand.

-- **Dorothy Sawayn**

Absolutely one of the better pdf We have possibly study. I could comprehended almost everything out of this written ebook. You can expect to like how the writer write this ebook.

-- **Grayce Kshlerin**

Related Books

- **Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and... Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to**
- **Become Your Child s Free Tutor Without Opening a Textbook**
- **Chicken Licken - Read it Yourself with Ladybird: Level 2**
- **Goodparents.com: What Every Good Parent Should Know About the Internet**
- **(Hardback)**
- **Dracula Investigates the Mummy s Purse**