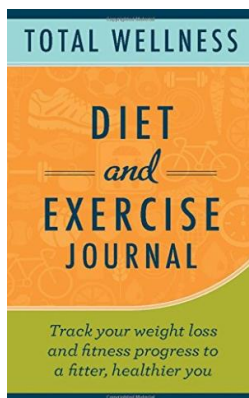


## Total Wellness Exercise and Nutrition Journal: Track Your Weight Loss and Fitness Progress to a Fitter, Healthier You



### Book Review

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(Rocky Dach)

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