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WORKOUT JOURNAL: WORKOUT AND EXERCISE JOURNAL (A FITNESS DIARY)

WORKOUT JOURNAL



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.A JOURNAL CREATED FOR YOU This Workout Journal is great for keeping a log of your daily / weekly exercise routine and food intake. Pop it in your training bag and track what you are doing. This aids fitness and weight gain/loss by helping you to create a visual image of your body, fitness and...

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