



# Food and Fitness Journal

By Floral Journals

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book. Create your personal eating and fitness plan with this diary to keep track of your daily food and exercises, and help you working towards your goal to become the new you. It has nice and easy to use page layout, and includes: A well presented first page and a separate About Me page to add your personal information before you start. Photo frame areas to stick photos of yourself in The New Me and The Old Me page to motivating you finishing the diet and fitness plan. Lined pages for you to record daily breakfast, lunch and dinner so you can keep track of calories, carbohydrates and drink/ water. Section for glasses of water, fruit and vegetable, hours of sleep A table to write down your activities of the day. Section for rating the day This useful food and fitness journal can help you achieving your goal. Satisfaction guaranteed or your money back.



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