



Workout and Food Journal

By Speedy Publishing LLC

Weight a Bit, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book. Shift to a healthier lifestyle by working and watching what you eat. Use this book to act as your guide to a new and healthier you. Write down your exercise routines as well as the foods that are eating and their nutritional content. That way, you can keep track of your weight loss and be constantly motivated until you reach your goals.

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