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

By Blank Books n Journals

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

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Workout Journals are a much needed tool for tracking your exercise routine, combined with a food journal means that you have a nifty little book to take to the gym. Measuring 6 x 9 there is room for you to record up to five separate activities including warm up, core body, upper body, lower body and cool down workouts. There s space for you to track the time each individual set of exercises take you, the number of sets you did, number of repetitions and also a note section for you to put extra information like the weights or equipment used. On the left side of each page is a separate journal page for you to record the food you ate for the day with a section for tracking calories and also a section for you to summarize your day. With room to track a whole 12 months worth of activity, this is the only workout journal that you will need. Keep it in your gym bag and fill it in when you re there...



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