



## My Food Journal A Small, Compact FoodDietExercise Book

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By Journalmaker

CreateSpace Independent Publishing Platform. Paperback.

Book Condition: New. This item is printed on demand.

Paperback. 100 pages. Dimensions: 10.0in. x 7.0in. x

0.2in. Perfect for Keeping Track of Your Diet and Exercise

Routines! Dimensions: 7x10 100 pages The My Food Journal is a

great place to record and keep track of what you eat. A section

is provided to record any exercises you do throughout the day.

This daily food diary will help you maintain your diet and

exercise routines. This item ships from La Vergne, TN.

Paperback.

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*A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.*

**-- Donnie Rice**