



Food and Exercise Journal: Jumbo Size (Paperback)

By Healthy Diet Journal

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Use this food and exercise journal to help you get motivated and lose those extra pounds!! The journal includes space to write down how you feel, track your weight and record everything you eat. Track calories, fat, carbs, protein and more. There are fill-in-the-blank sections for tracking your workouts and reps. Write down how you are feeling after your workout in the How I Feel Today section. It's important to take note of how you feel and make adjustments as needed. The last section includes a space to write down your goals for the next day. You can always assess and change your goals based on your individual results and progress. Additional graphing pages are included at the end of the journal for notes, pictures, mini-dream boards, lists, future goals and more! Jumbo size 8 x 11 (Plenty of room to write) 181 pages.

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