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Workout Journal: Workout Log Diary with Food Exercise Journal: Workout Planner / Log Book to Improve Fitness Routines (Paperback)

By Best Workout Journals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book ***** Print on Demand *****. This workout and food journal, is great for keeping a daily/weekly log of your exercise routines and food intake. The workout journal fits perfectly in your training bag so it's great for on the go tracking. This journal will help your weight loss journey by measuring your fitness and eating habits, which has been shown to increase your results rapidly! This fitness and food journal measuring 6 x 9, has one page for recording your workout routines, an the other side for your food diary. This will be the only journal you need as it has space for a whole 12 months of tracking. Jump-start your fitness and weight loss goals in 2016 and beyond with this amazing fitness journal log, and it will be one of the best investments for your body you can make.

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