



## Gym Journal: Gym Workout Journal - 108 Pages for Record Undated Daily Training (Fitness Journal): Gym Journal (Paperback)

By MS Workout

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is 90 days Gym Journal and Workout Log which has everything you need to keep your quest for optimal health on track. No matter what your goals, starting your journal to the new you! This book allows you to create a detailed and organized log of your diet and exercise and checks every day about 90 days. Keeping a food and exercise has two pages per day very comfortable to write and plan breakfast lunch and dinner. -Tracking set your goals. -Focus on the positive when eating. -Goal for the goals. Just write down everything that regain control over your weight and health! Workout Log Interior Details -Full Matte Color Exterior - 108 pages -Measures 6 x9 -BW interior Get started today and add this diet diary to your cart. And make your health for best Thank you!.



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### Reviews

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