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THE 5: 2 FAST DIET WEIGHT LOSS RECORDING DIARY: 2 YEAR VERSION



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.If you are on a diet, 5:2 or otherwise, chances are you are recording your weight loss on a weekly basis. This diary allows you to record two years worth of weight loss data (104 weeks) in one handy place. In addition, if you are really serious about losing weight you should know some of...

Read PDF The 5: 2 Fast Diet Weight Loss Recording Diary: 2 Year Version

- Authored by Andrew N Hurst
- Released at 2016



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