



## Food and Exercise Journal: Food Diary Exercise Journal Diary Log Book: Food Journal 2018, Planner Notebook 7 X 10 Weight Loss Journal (Paperback)

By Blank Books Journals

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Food and Exercise Journal 2018. Perfect for keeping track of everything you eat as well as your daily exercise. What gets measured, gets results and what we find is that when we write our food habits down and take some accountability, we see results. This Food and Exercise Journal is made for 2018 and beyond, it is beautifully formatted to make it fun to fill in and it is a good size to pop in your purse or bag to take it with you everywhere you go. Never will you just stuff your face with all things unhealthy because you will be accountable to your Exercise Journal and you won't want to disappoint. Order your Food and Exercise Journal today and start the year with confidence that you will achieve all your weight loss goals.

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