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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is a handy little Fitness Journal for 2016 and beyond. There's a useful body measurement and weight chart at the front for you to track the essentials followed by 12 months of fitness / exercise journal pages. Click to see the inside layout, on one side you record all your fitness / exercise routines and on...

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