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# FITNESS JOURNAL 2016: WORKOUT DIARY WITH FOOD EXERCISE JOURNAL LOG: KEEP FIT PLANNER WITH FOOD TRACKER DIARY (PAPERBACK)



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...

**Read PDF Fitness Journal 2016: Workout Diary with Food Exercise Journal Log: Keep Fit Planner with Food Tracker Diary (Paperback)**

- Authored by Blank Books n Journals
- Released at 2015



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