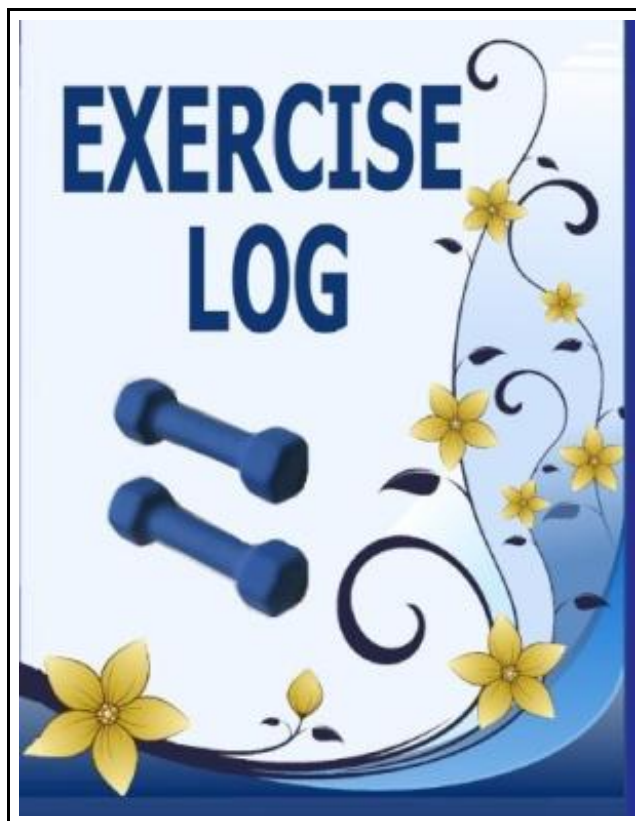


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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Exercise Log can chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn t be complicated and your record keeping shouldn t be either. Included in each chart you ll find simple measures such as: -Date -Time -Activity -Hours - Minutes -Quantity - Intensity Level (Low, Medium, High) -Distance Before you begin start by setting goals. On the Progress Report write in your current status, what you hope to achieve and final results. This worksheet provides a point of reference to help you reach your desired goals. You have a place to record your desired goal and final results for the following: -Weight -Blood Pressure -Neck (circumference) -Chest -Waist -Hip -Upper Arm -Thigh -Calf - Additional blank lines for other measures you desire to note That s it! Record keeping in the Exercise Log can help you stay accountable to your routine so LET S GET STARTED!.



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