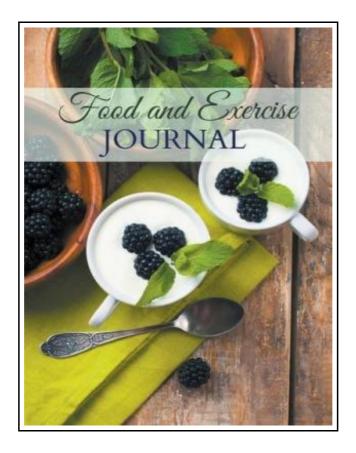
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Reviews

It in a single of my personal favorite publication. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. David Friesen IV)

FOOD AND EXERCISE JOURNAL: NEW YEAR! NEW YOU! JUMBO SIZE (MORE ROOM TO WRITE) (PAPERBACK)



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Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand ******. JUMBO SIZE 8 X 11 Food and Exercise Journal-printed on cream colored paper. Designed for people who want more room to write. *Track calories, fat, carbs and more! Track your water intake as well as your fruit and vegetable consumption, exercise and set daily goals for yourself. **The interior contents of the journal feature a fill-in-the-blank design to guide you along your journal. Fill in your weight, goals, feelings and other pertinent information as you take steps to transform your life. ****BONUS: 20+ bonus pages of graphing paper is found at the end of this journal for graphs, lists, art or anything you would like to add to this journal. Tape a few before and after pictures to this section, make additional notes or create a miniature dream board with pictures from magazines, quotes that inspire you and more! 205 Total pages (Triple the page count of most food and exercise journals).

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