



Food Journal 2016: Weight Loss Journal Exercise Log: Track Your Food Exercise Habits with This Daily Journal to Develop Good Health Habits (Paperback)

By Blank Books n Journals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Food Journal 2016 - You need this if you want to track your food intake and also your weight loss routine. Measuring 6 x 9 it is beautifully designed with smart formatting enabling you to track all your daily / weekly food habits. There is also a combined weight loss journal so you can keep track of every aspect of your workout routine. Dates are left blank so you can fill it out when you like. You owe it to yourself to take your health more seriously, log everything down in this handy little weight loss food journal log. It's good for 2016 and beyond so get your fitness journal today.



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