



Food & Fitness Journal : 12 Month Food & Exercise Logbook: Complete Food Logbook With Exercise Journal Book Combined (Food Journals)

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This Food and Fitness Journal 2016 and beyond is all you need to track and control your food intake and your exercise routines. Watch the pounds drop off as you finally take control of your health and your life. This handy little logbook measures 6" x 9" and is expertly formatted to enable you to record the essential information that is going to help you reach your weight and health goals. It can even be used as a meal planner by writing down what you are going to eat before you have eaten it. Click to look inside at the layout, there's lots of space to write everything. There's no hiding from yourself with this book, you will be forced to make better health choices and you will also find that you exercise more because you don't want to leave that section blank. Order your Food & Fitness Journal 2016 today and get started towards a healthier and fitter you.

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