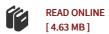




Food and Exercise Journal: New Year! New You! Jumbo Size (More Room to Write)

By Healthy Diet Journal

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).



Reviews

I actually began looking at this pdf. It is actually rally interesting throph reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).

-- Brayan Mohr Sr.

A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.

-- Donnie Rice

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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a kid s or children s book that is highly entertaining, great for early readers, and...



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******. Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for Kids Inside! For a very time limited...



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Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for...



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...