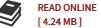




An Everyday Fitness Journal: Blue Marble Tone Book of Healthiness (Paperback)

By Weight Loss Journal, Diet and Exercise Diary

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DIET AND EXERCISE JOURNAL DIET AND WEIGHT LOSS PLANNER This Diet Journal is the best solution for you to organize and plan daily diet food. The personal pocket-size 6 x 9 inches is portable and easy to carry. Space to fill in total 90 Days Challenge SPECIALS - BMI: BMI Checking Chart Inside - Compare your weight (before after 90 Days) - Write down; plan your 90 Day Goals - Water Drinking Tracker - Fitness Tracker SPECIFICATIONS - Type: Diet Journal and Food Diary - Cover: Matte Paperback - Dimensions: 6 x 9 inches - Pages: 104 pages STOP DREAMING, START DOING! We create design the simply perfect Diet and Fitness journal with the pocket size that can make your life in everyday easier. Please follow us for more design in diet food plan, weight loss cookbook, wellness journal.



Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication. -- Dr. Kadin Hane DVM

This publication may be worth purchasing, it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually. -- Frank Nienow

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