



Workout and Exercise Journal: 2016 - 2017 Two Year Training Record

By Genuine Journals

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.This is the ideal journal for creating multi-week training plans and recording training progress. The simple layout lets you jot quick notes to outline your training plan and record your progress. Every day of the calendar has space to write the plan for that day, and additional space to record actual training (for those days when things change). This allows you to flex your training days while accurately recording your progress. The convenient layout makes note taking quick and easy. New for 2016: There are helpful pages for goal setting and weight tracking. The calendar-style layout of this journal puts your whole week in easy view. The training week runs Monday through Sunday, and with the large 8 x 10 format you always have 8 weeks in view. The Workout and Exercise Journal is a 26 month training calendar that begins on 11/1/2015 and runs through 12/31/2017. That s more than two years for the price of one!.



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