Workout Journal: Workout Diary with Food Exercise Journal Log: Perfect Workout Charts Weight Loss Journal to Kick-Start Your Fitness Routine (Paperback)

Date E	amoise / Activit	y 1	Sets Reps	Notes / Sum	mary
6/7 9	tretching, Jump Robe		2 2	Need to stretch more	
6/7 A	Aty Crunch, side blank, reverse		4 30	Fartnersd with John	
6/7 1	Pilates		1 -	Loved it	
5/8 Fr	Front squats and Split Squats		4 40		
6/8 0	Circuit Training		3 25	Little out of breath	
6/9 8	inning Session	-	1 -	Sike No 6 St	ist.
	W	ORK	JUI JAI		
	- Longer	uble page			
DATE	Dos	Lunch	Dinner	Snacks	Total
DATE. Mon	- Longer	-		, menteen	Total
Mon Calories	Breakfast Low fat Cinnamon	Lunch Cheese & Tomato Sandwich and Fruit	Dinner Salmon &		Total
	Breakfast Low fat Cinnamon Pancakes 160 Scrambled egg and mushrooms	Lunch Cheese & Tomato Sandwich and Fruit Smoothie	Dinner Salmon & Couscous 490	, menteen	1227
Mon Calories Tue	Breakfast Low fat Cinnamon Pancakes 160 Scrambled eag-and	Lunch Cheese & Tomato Sandwich and Fruit Smoothie 577 Crunchy Tuna Wrap	Salmon & Couscous 490 Lenon Basia with	O Hershey's Milk Choo Kisses (4) Lay's Potato	1227
Mon Calories Tue	Breakfast Low fat Cinnamon Pancakes 160 Scrambled egg and mushrooms	Lunch Cheese & Fomato Sandwich and Fruit Smoothio 577 Crunchy Tuna Wrap & Salad	Salmon & Couscous 490 Lemon Basia with Squash	Herphey's Milk Choc Kisses (4) Lay's Potate Chap	1227

Filesize: 8.73 MB

Reviews

Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand.

(Dr. Lera Spencer)

WORKOUT JOURNAL: WORKOUT DIARY WITH FOOD EXERCISE JOURNAL LOG: PERFECT WORKOUT CHARTS WEIGHT LOSS JOURNAL TO KICK-START YOUR FITNESS ROUTINE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. Workout Journals are a much needed tool for tracking your exercise routine, combined with a food journal means that you have a nifty little book to take to the gym. Measuring 6 x 9 there is room for you to record up to five separate activities including warm up, core body, upper body, lower body and cool down workouts. There s space for you to track the time each individual set of exercises take you, the number of sets you did, number of repetitions and also a note section for you to put extra information like the weights or equipment used. On the left side of each page is a separate journal page for you to record the food you ate for the day with a section for tracking calories and also a section for you to summarize your day. With room to track a whole 12 months worth of activity, this is the only workout journal that you will need. Keep it in your gym bag and fill it in when you re there so you can track your progress on a daily basis. Kick-start your fitness goals with this workout journal, it will be one of the best decisions you can make.

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