



Food and Fitness Journal: Workout and Exercise Diary with Food Tracker: Bright Lgbt Cover (Paperback)

By Blank Books n Journals

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a handy little Fitness Journal for 2016 and beyond. Beautifully designed with a vibrant LGBT / gay flag cover image. Inside the book there is a body measurement and weight chart at the front for you to track the essentials on a weekly basis followed by 12 months of fitness / exercise journal pages. Click to see the inside layout, on one side you record all your fitness / exercise routines and on the other side you record your food and diet intake. This food and fitness journal forces you to make positive changes in your life as you start to see once and for all what you are doing and eating so that you know where to make changes for maximum benefit. Measuring 6 x 9 it is a good size for throwing in your gym bag so that you never miss out on recording that essential information again. It makes the perfect gift for anyone who wants to start to track daily habits and build positive health goals. Order your copy of the food...



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