

# **Fitness Journal 2017 Food Diary & Workout Journal Logbook Get Fit Stay Fit & Stick To Your Fitness Goals With This Fitness Journal Notebook & Food Planner Fitness Journals 2017 Volume 2**

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## **BOOK DETAILS**

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## **BOOK SYNOPSIS**

Get fit with this Fitness Journal 2017. Room for 1 years worth of workouts and food planning. 7" x 10" so lots of space to write all your information including what you have eaten for breakfast, lunch, dinner and snacks and a complete breakdown of your fitness workout routines. Great as a gift for someone who you know is into fitness, order your Fitness Journal 2017 today and get started.

### **FITNESS JOURNAL 2017 FOOD DIARY & WORKOUT JOURNAL LOGBOOK GET FIT STAY FIT & STICK TO YOUR FITNESS GOALS WITH THIS FITNESS JOURNAL NOTEBOOK & FOOD PLANNER FITNESS JOURNALS 2017**

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