



Fitness Journal: Workout Journal, Diet Log Book (Unguided)(Gym Training Log Book)(V15) (Paperback)

By Dartan Creations

On Demand Publishing, LLC-CREATE SPACE, 2017. Paperback.
Condition: New. Language: English . Brand New Book *****
Print on Demand *****. Start Tracking Your Hard Work In The
GymFitness journals are a must when you are embarking on a
weight loss program or want to avoid stagnation in the gym.
This 6x9, 108 page diet and workout log book is unguided
meaning it is just lines so you can jot down what you want the
way you want it. I typically fill mine out with the meals on one
side of the lined page and the workout on the back with the
date scribbled into the upper corner of my daily training
journal. If you are diabetic you can just log your blood sugar
as you test it throughout the day. There is plenty of room to
write down your meals, fitness goals and weight training
achievements. With multiple fitness themed covers there is sure
to be something to satisfy bodybuilders, runners and weekend
warriors. If you love working out or know someone who does
this fitness journal makes the perfect gift for Birthdays,
Christmas or any occasion really. Scroll up and grab your copy
today.

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Reviews

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This ebook is definitely worth buying. It is definitely basic but excitement within the fifty percent in the ebook. Its been designed in an extremely straightforward way which is merely following i finished reading this ebook where basically changed me, alter the way in my opinion.

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