

# BODYMINDER Workout and Exercise Journal A Fitness Diary

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## BOOK DETAILS

- Author : F. E. Wilkins
- Pages : 224 Pages
- Publisher : MemoryMinder Journals, Inc.
- Language : English
- ISBN : 0963796844



## BOOK SYNOPSIS

194 pages. 4 1/2" wide x 7 1/2" high. This ultimate Workout Journal is the perfect exercise companion to keep track of all of your hard work, helping you to achieve your goals and attain optimum health! Includes daily pages to record cardiovascular activity, flexibility/balance exercise, strength training, vitamins, supplements, and notes. Also includes weekly progress charts, as well as training tips and tools for creating metabolic and fitness targets. Adaptable for different programs. Removable cover band. Elastic band place holder.

### **BODYMINDER WORKOUT AND EXERCISE JOURNAL A FITNESS DIARY -**

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