

The background is a vibrant pink with a fine, woven texture. Scattered across the entire surface are numerous white flowers of varying sizes. Each flower has five petals and a yellow center with a small black dot. The flowers are distributed in a seemingly random pattern, with some appearing larger and more prominent than others.

# MY HEALTH JOURNAL

*Strawberry-Rose Productions*

**My Health Journal: Large Six-Month Fitness and  
Nutrition Tracker - A Page for Each Day**



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FUNCTIONAL: QUALITY & Good sized (8.5 by 11 inches): 160 PAGES to Track all aspects of your fitness and nutritional goals plus extra blank web pages for notes. Workout LOG: Nourishment & Since you're going to be spending considerable time in this laptop, it really is designed with high quality paper and enough space to keep you organized. Keep track of all the foods/drinks you consumed and exercises/activity daily.



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I love it! This is most likely the best fitness journal I've used so far. There's plenty of room to log both your workout routines and your food intake, with additional journals it seems like either food or workout space dominates. I'll order this every six months! I love it so much area for everything It's a 6 month Journal!Awesome! So very much room for everything! This is a large journal, I feel some individuals may prefer a smaller one nevertheless, you know, move big or go home!



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