

Rose & Sky Planners

Weight Loss Workout Log: Brown Design, Weekly Menu Meal Plan And Weekly Workout Progress Planner Large Print 8.5" x 11" Weight Loss Meal Planner With Grocery Lists, Workout Log Notebook



5" x 11" (22cm x 28cm) pages - Light-weight. Convenient to carry around - Made in the USA - 120 pages - Premium matte cover style - Printed on high quality interior stock - Properly Large Print Size 8. This book is made to help you keep an eye on your workouts to be able to make every workout count towards your goal! By monitoring your progress, it is possible to tell right apart what realy works and what doesn't.



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