



# WORKOUT LOG & TRAINING JOURNAL

Dora S. Mitchell

Workout Log & Training Journal: Mandala Book, 2019 Weekly Meal And Workout Planner and Grocery list 8.5" x 11" Weekly Meal Plans for Weight Loss & Diet Plan



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Plan out your week, save time and money, and eat best.5 x 11 Make your week easier by planning out meals with this adorable notebook! By keeping track of your progress, you can tell right aside what works and what doesn't.2019 Weekly Meal And Workout Log 8. This book is made to help you keep an eye on your workouts so that you can make every workout count towards your objective! Each weekly spread contains a lined space for each and every day time of the week, Additionally, there exists a large area to jot down your grocery list for the week! Convenient to carry aroundMade in america Product Details: 124 Pages2019 Each monthly spread (January through December 2019)High quality Matte Finish Cover DesignPerfectly Huge Printing Size 8.5" x 11" (22cm x 28cm) pagesPrinted on top quality interior stockLight fat.Let's do this!



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