



WORKOUT LOG & TRAINING JOURNAL

Dora S. Mitchell

Workout Log & Training Journal: Abstract White 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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Each weekly spread includes a lined space for each day of the week, Additionally, there exists a large area to jot down your grocery list for the week!5 x 11 Make your week less complicated by planning out your meals with this adorable notebook!2019 Weekly Meal And Workout Log 8. Plan out your week, save time and money, and eat right. Easy to carry aroundMade in the USA By monitoring your progress, it is possible to tell right apart what works and what doesn't. Product Details: 124 Web pages2019 Each monthly spread (January through December 2019)High quality Matte Finish Cover DesignPerfectly Huge Print Size 8.Let's do that!5" x 11" (22cm x 28cm) pagesPrinted on top quality interior stockLight fat. This book is made to help you keep an eye on your workouts to enable you to make every workout count towards your objective!



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