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*Exercise
Journal*

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Ana B Thomas

Exercise Journal: 6 x 9 100 pages Journal for Girls which can also be used as a training journal



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The Cover color Scheme will help Sports Players to create goals, see what works and what doesn't, keep their heads in the overall game, stay honest when no one's searching, and prove once the work's been done. This Journal includes 100 pages with a 6 x 9 custom fit for the perfect size to fit into any sports players bag, desk, locker etc. With a smart, functional design, the Journal manuals each sport participant through their period, helping set goals, program schooling weeks, record daily exercises, and keep runners concentrated. Top Sports Men/Females say there are few training equipment as valuable as an excellent schooling Journal for the insights they are able to reveal. The Journal includes: how to established goals, how personality affects performance, a new way to take into account body image, mental strategies for competition, coping with adversity, setting good mental habits, recovery strategies, reflecting on days gone by season, and creating positive team members & groups. Any sports person of all abilities will be astonished at where a year can take them with help out of this ultimate sports Journal. Please feel free to write comments or any inquiry you might have in regards to a custom book you might need me to make for you personally many thanks.



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