

BIG THINGS HAPPEN ONE DAY AT A TIME

Today IS THE Day

— 90 DAY —
FOOD + FITNESS
— JOURNAL —

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Pretty Simple Press

Today is the Day: A 90 Day Food + Fitness Journal: Daily Activity and Fitness Tracker to Cultivate a Better You



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Today is the Day is a 90 time guide to cultivate a better you! It is a food and fitness themed personal exploration journal that is designed to help you set and reach your goals, dig into your why and set a plan of action to achieve those goals. They are all essential metrics in becoming the best you. Every day includes space to record stats on how much sleep you got, what you ate, just how much water you drank and exercise. Grab a copy for yourself (and for a pal! We all state that we'll drink much more water or workout 5 times a week but going through the procedure of writing down your goals and tracking your overall performance has a major influence on you actually achieving your goals.) and begin today!



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I love it! I like this journal, its super pretty! It's precisely what I wanted. I like that it's not real heavy either it fits properly into my purse when I'm traveling or going out to eat. It's simple but effective style encourages me to fill it in daily and is usually helping me stick to track. This journal is simple yet has every component I had a need to get my journey started. The start included a body stats section along with goals and a note to your own future self when situations get tough. Simple and motivating I love this journal! I really like using it! Worth it! I bought this after utilizing the same company's planner and appearance forward to their future designs. Pretty and has everything I want! I am excited everyday to write in my journal. Simple and concise! motivating! It maintains a confident twist even if you did not achieve this well that time on your goal. This journal is simple and concise! Uses me just a few minutes a day to fill in each section! It's encouraging and useful in keeping me on the right track! Will be purchasing even more! I am excited everyday! Great fitness journal! Great inexpensive journal that helps me stick to track! Great value I love the corporation and their simple and affordable books and planners! It all's great! Can't wait to start my 90 day journey!! Adorable, simple & It has a great layout for sleep, meals, snacks, water, and exercise! Everything I Expected! For the busy one Very easy to use, positive, self explanatory, efficient



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