



Diet and Fitness Journal (Paperback)

By Floral Journals

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Create your personal eating and fitness plan with this diet diary to keep track of your daily food and exercises, and help you working towards your goal to become the new you. The page layout is pleasant and easy to use, includes: A well presented first page and a separate About Me page to add your personal information before you start. Photo frame areas to stick photos of yourself in The New Me and The Old Me page to motivating you finishing the diet and fitness plan. Lined pages for you to record daily breakfast, lunch and dinner so you can keep track of calories. Section for glasses of water, fruit and vegetable, hours of sleep A table to write down your activities of the day. Section for rating the day At the convenient size 6 x 9 inches, this gorgeous diet and fitness journal will help you achieving your goal. Satisfaction guaranteed or your money back.



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