



## Food and Exercise Journal: New Year! New You! Jumbo Size (More Room to Write)

By Healthy Diet Journal

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.JUMBO SIZE 8 X 11 Food and Exercise Journal-printed on cream colored paper. Designed for people who want more room to write. \*Track calories, fat, carbs and more! Track your water intake as well as your fruit and vegetable consumption, exercise and set daily goals for yourself. \*\*The interior contents of the journal feature a fill-in-the-blank design to guide you along your journal. Fill in your weight, goals, feelings and other pertinent information as you take steps to transform your life. \*\*\*\*BONUS: 20+ bonus pages of graphing paper is found at the end of this journal for graphs, lists, art or anything you would like to add to this journal. Tape a few before and after pictures to this section, make additional notes or create a miniature dream board with pictures from magazines, quotes that inspire you and more! 205 Total pages (Triple the page count of most food and exercise journals).

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