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WAKE UP AND SMILE: 90-DAY FOOD AND EXERCISE JOURNAL (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Easily Manage your Weight and Physical Activities with this Easy-to-Fill FOOD AND EXERCISE 90-DAY JOURNAL. Journaling has been proven to support weight management and lead to successful dieting. Keeping a food and exercise journal is a great way to keep you motivated and studies have showed that by writing down what you eat and drink and how much you exercise is...

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- Authored by The Cookbook Publisher
- Released at 2017



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Reviews

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