



Diet Diary Workout and Fitness Planner (Paperback)

By Samantha Michaels

Weight a Bit, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Diet Diary Workout and Fitness Planner: My Weight Loss Diary is a great text that will allow the user to easily log information about what they consume and the amount they consume on a daily basis. It will also allow the user to calculate the totals as well so that they can have a better idea of what they are consuming. The great thing about this text is that it has a lot of space for data entry so any annotations can be made with ease. Pictures can be added to show the progress that has been made on the journey to health and wellness.



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