

This Deluxe Food and Exercise Journal has two pages per day with plenty of room for you to record everything you eat and drink at Breakfast, Lunch and Dinner (along with all of those cheeky snacks in between!), as well as room for you to add up all of your daily calories. Keeping a Food and Exercise Journal is fun and simple, so why not give it a go? Just write down everything that you eat and drink for 10 weeks and regain control over your weight and health!

Personnel Planning Guide: Successful Management of Your Most Important Asset, Dreaming On a Sigh, A DEEPER LOOK AT THE HOLY BIBLE(S): THE WORD OF GOD???, GAY ROMANCE: Billionaire Romance: The Billionaires Family Jewels (MM First Time Gay Romance) (Interracial LGBT Romance Short Stories), Brief Messages from the Heart: 200 Winning Expressions of Love, L'Abbaye de Northanger: (Les trois tomes) (French Edition), Light on Pranayama : Pranayama Dipika,

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