

Diet and Fitness Journal (Extra Large Weight Loss Journal **8.5 X 11**) (Volume 4)



Transform Your Body, Mind and Spirit with this Beautifully Designed Diet and Fitness Journal Features a professional cover and beautiful, organized layout on the interior. The top of each page has a place for you to track the date, your weight, goals and how you are feeling each day. This food journal is for someone who is serious about losing weight and staying on track with their fitness goals. Use it to track your calories and write positive affirmations or other motivational messages in the notes section. Additional room is also provided for more journaling and goal setting for the next day.

****More Room to Write! EXTRA Large **8.5 X 11**** **Track Breakfast, Lunch, Dinners and Snacks. Get more specific and track calories, fat, protein and carbs.

****Track Workouts, Reps, weight and much more. ***Check out our other Diet and Fitness Journals to find a cover that meets your style preferences. We make this same journal with a few different covers to choose from. In addition we also offer other types of food journals that come in a small size. Please click on the LOOK INSIDE feature to make sure this book is right for you. Thank you!****

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