



Food Journal 2016: Control Your Eating Habits Now: Weight Loss Journal Food Exercise Journal in One (Paperback)

By Blank Books n Journals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Food Journal 2016 - Control Your Eating Habits Now and track your food intake like never before. This food journal also comes with a built in exercise tracker journal so you can record and analyze your weight loss / workout routine. Measuring 6 x 9 it is beautifully designed with a modern design and smart formatting enabling you to track all your daily / weekly food habits. All dates in the journal are left blank so you can fill it out when you like according to your routine / lifestyle. You owe it to yourself to take your health more seriously, log everything down in this handy little weight loss food journal log. It's good for 2016 and beyond so get your fitness journal today.



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