



## My Fitness Journal: Gymnasium, 6 X 9, 50 Daily Fitness Logs (Paperback)

By My Fitness Journal

Createspace, United States, 2015. Paperback. Book Condition:

New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*

Print on Demand \*\*\*\*\*.Break Through BarriersThis book is

designed to help you track your workouts so that you achieve

maximum personal performance. By recording your daily

progress you can easily identify what is working and what has to

change.The front cover may have caught your eye but it is the

inside you are really here for. You can track everything from

your exercises, sets, reps, core workout, supplements, workout

duration and anything else that we thought would help you.One

of the contributors used a journal just like this to lose over 45

pounds in 12 weeks. That is the inspiration behind this journal.

We are not saying you will get those results but without tracking

her workouts she would have never achieved such a lofty

goal.With a space at the bottom for notes, you can even get as

detailed as the music that was playing, whether you had new

shoes or how busy the gym was. Every detail counts and nothing

should be overlooked.To make yourself a journaling

powerhouse combine this fitness journal with either My Diet

Journal or My Food...



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[ 4.64 MB ]

### Reviews

*If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook.*

-- **Letha Okuneva**

*This is an amazing ebook that we have possibly go through. It really is filled with wisdom and knowledge Its been developed in an extremely straightforward way and is particularly merely after i finished reading this ebook where in fact altered me, affect the way in my opinion.*

-- **Berta Schmidt**

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HarperCollins Publishers Inc, United States, 2014. Paperback. Book Condition: New. Reprint. 201 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A highly personal and moving true story of friend-ship and remembrance from the New York Times bestselling...



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