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# FITNESS JOURNAL: FOR WOMEN, UNGUIDED WORKOUT JOURNAL AND DIET TRACKER (GYM TRAINING LOG BOOK)(V33) (PAPERBACK)



On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Start Tracking Your Hard Work In The GymFitness journals are a must when you are embarking on a weight loss program or want to avoid stagnation in the gym. This 6x9, 108 page diet and workout log book is unguided meaning it is just lines so you can jot down what you want the way you want it. I typically...

**Download PDF Fitness Journal: For Women, Unguided Workout Journal and Diet Tracker (Gym Training Log Book)(V33) (Paperback)**

- Authored by Dartan Creations
- Released at 2017



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