



## Food Journal 2016: Control Your Eating Habits Now: Weight Loss Journal Food Exercise Journal in One

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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