



## Food and Exercise Journal: 2014 Happiness Is a Goal

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By Cool Journals

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Food and Exercise Journal Start the new year with a goal and get help with this easy to use food and exercise journal. Record your breakfast lunch, dinner and jot down the calories taken in. Plus you can track other important factors like the levels of stress and sleep which are key factors in reaching your weight-loss goal. Then record your workout for the day and log the different exercises you ve accomplished along with your warm up and recovery activity. Get started today and added this to your cart. Over 100 pages Measures 6 x 9.



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