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## BE AMAZING!: 90-DAY FOOD AND EXERCISE JOURNAL (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Easily Manage your Weight and Physical Activities with this Easy-to-Fill FOOD AND EXERCISE 90-DAY JOURNAL. Journaling has been proven to support weight management and lead to successful dieting. Keeping a food and exercise journal is a great way to keep you motivated and studies have showed that by writing down what you eat and drink and how much you exercise is one...

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- Authored by The Cookbook Publisher
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