

food and exercise journal : fitness journal : 6x9(perfect food and exercise char

The image shows the cover of a 'Food & Exercise Journal'. The cover features a sample page layout with a table for 'Daily Food, Beverage & Snacks'. The table has columns for 'Breakfast', 'Time', 'Amount', and 'Calories (kcal)'. There are also sections for 'Snack' and 'Lunch' with similar columns. A central yellow card with the title 'Food & Exercise Journal' is placed over the table. The cover also includes a 'DATE' field and a day-of-the-week header (Su Mo Tu We Th Fr Sa).

Filesize: 3.92 MB

Reviews

This publication might be well worth a read, and much better than other. It really is simplified but excitement inside the 50 % of the book. You will not feel monotony at whenever you want of the time (that's what catalogues are for concerning when you check with me).
(Imogene Bergstrom)

FOOD AND EXERCISE JOURNAL : FITNESS JOURNAL : 6X9(PERFECT FOOD AND EXERCISE CHAR



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