### Workout Journal: Workout Diary with Food Exercise Journal Log: Perfect Workout Charts Weight Loss Journal to Kick-Start Your Fitness Routine

Date E	Exercise / Activit	y 1	Sets Reps	Notes / Sum	mary
6/7 9	iretching, Jump 8	000	2 2	Need to stret	th more
6/7 4	by Crisnon: side bi	ank, reverse	4 30	Fartnered with John	
6/7 P	Uniter		1 -	Loved it	
5/8 Fr	ront iqual) and S	hit Squat)	4 40		_
6/8 0	Current Training		3 25	Little out of breath	
6/9 8	binning Session	-0	1 -	Sike No 6 Sept	
	W	ORKO	JUL		
	JC	URN uble page	VAL		
DATE	Breakfast	URN uble page	Dinner	Snacks	Tota
	- Longer	-		Snacks	Tota
Mon Calories	Breakfast  Low fat Cinnamon	Lunch  Cheese & Tomato Sandwich and Fruit	Dinner Salmon &		5.510
DATE Mon Calories Tue	Breakfast  Low fat Cinnamon Pancakes	Lunch  Cheese & Tomato Sandwich and Fruit Smoothie	Dinner  Salmon & Couscous  490	O Herphey's Milk Chec Kisses (4) Lay's Petato Chips	Tota
Mon Calories Tue Calories	Breakfast Low fat Cinnamon Pancakes 160 Scrambled egg-and	Lunch Cheese & Formato Sandwich and Fruit Smoothie 577 Crunchy Tuna Wyap	Dinner Salmon & Couscous 490 Lenon Basil	O Hershey's Milk Chec Kisses (4) Lay's Petate	1227
Mon Calories	Breakfast Low fat Cinnanton Pancakes 160 Scrambled egg and mushrooms	Lunch Cheese & Formato Sandwich and Fruit Smoothio 577 Crunchy Tuna Wrap & Salad	Salmon & Couscous 490 Lemon Basil Pasta with Squash	O Herphey's Milk Choc Kisses (4) Lay's Potato Chips 249	1227

Filesize: 1.4 MB

### Reviews

Simply no phrases to describe. It is actually rally interesting through reading time period. Your lifestyle period will probably be transform the instant you complete reading this article book. (Rowland Bauch)

# WORKOUT JOURNAL: WORKOUT DIARY WITH FOOD EXERCISE JOURNAL LOG: PERFECT WORKOUT CHARTS WEIGHT LOSS JOURNAL TO KICK-START YOUR FITNESS ROUTINE



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Workout Journals are a much needed tool for tracking your exercise routine, combined with a food journal means that you have a nifty little book to take to the gym. Measuring 6 x 9 there is room for you to record up to five separate activities including warm up, core body, upper body, lower body and cool down workouts. There s space for you to track the time each individual set of exercises take you, the number of sets you did, number of repetitions and also a note section for you to put extra information like the weights or equipment used. On the left side of each page is a separate journal page for you to record the food you ate for the day with a section for tracking calories and also a section for you to summarize your day. With room to track a whole 12 months worth of activity, this is the only workout journal that you will need. Keep it in your gym bag and fill it in when you re there so you can track your progress on a daily basis. Kick-start your fitness goals with this workout journal, it will be one of the best decisions you can make.

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