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Diet Food Journal : Weight Watchers Log Book 7.5x9.25 - Weight Watcher Log Book - Food Calories Tracker - 120 Pages (60 Days) Vol.8: Diet Journal



Synopsis

Diet Food Journal / Diet Journal / Food Journal / Fitness Journal / Diary Workout log INTERIOR: 120 attractive daily records(60 Days) . There's a spacious table record everything you eat and drink at Breakfast, Lunch and Dinner.(This table has white grid lines which Look Inside has not picked up!) - Sleep, energy & stress ratings - Glasses of water - Snack - Fruit or vegetables portions - Exercise & Calories EXTERIOR: Cover: Tough matte paperback. Binding: Secure professional trade paperback binding Dimensions: 19.05 x 23.5 cm (7.5â•• x 9.25â••) Get Your Copy Today!! Thank you for look inside

Book Information

Series: Diet Journal

Paperback: 124 pages

Publisher: CreateSpace Independent Publishing Platform; Jou edition (December 10, 2016)

Language: English

ISBN-10: 1541051084

ISBN-13: 978-1541051089

Product Dimensions: 7.5 x 0.3 x 9.2 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

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