



Exercise Journal 2016: Workout Log Food Diary: Food Fitness Journal to Record Your Diet Exercise Routine

By Blank Books n Journals

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Exercise Journal 2016 is divided into two parts. On the left page, simply write the week beginning date at the top of the page and write everything down that you eat and drink on each day in that week. If you are counting your calories, you can write how many calories you consume each day too. Summarize your week at the bottom of the page by writing about how you did overall. Anything that you want to write about your eating pattern, you put it in there. The right page is for you to record your exercise and workout activity. Tracking your exercise activity in this way is crucial as you will be able to log everything and see what you are doing and how this contributes to your overall fitness and health. It will become obvious what you need to do more of and also what is working well for you. Write down the types of exercise that you do including the amount of sets and repetitions as you complete each one. In...



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