



Workout Journal (Diary, Notebook, Fitness)

Claudine Gandolfi

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Achieve your goals and attain optimum health. Make this journal your exercise buddy! Keep track of those trips to the gym, workouts at home -- all your hard work and dedication.

- Includes daily pages to record cardiovascular activity, flexibility/balance classes, strength training sessions, and vitamins or supplements.
- "Goals met" checkboxes and space for jotting down a few extra notes help you detail your workouts.
- If you use the gym every day, you'll find this sleek journal provides enough pages for nearly 3 months.
- If you go less often, it may last 6 months or more.
- It also includes weekly progress charts, enough for up to 60 weeks.
- The journal even packs in solid basic information on cardio, flexibility, strength training, tracking calories, tracking your progress, plus fitness tips and tricks and a list of online resources.
- The journal is adaptable for different programs.
- Removable cover band.
- 194 pages.
- Binding lies flat for ease of use.
- 4-1/2 inches wide x 7-1/2 inches high.

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