

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



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### ***Reviews***

*The ebook is fantastic and great. I am quite late in start reading this one, but better then never. I am just pleased to inform you that this is the greatest book i have got study inside my personal daily life and could be he best pdf for at any time.*

*(Miss Shany Tillman)*

## EXERCISE JOURNAL 2016: WORKOUT LOG FOOD DIARY: FOOD FITNESS JOURNAL TO RECORD YOUR DIET EXERCISE ROUTINE



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 the notes section you can write a little bit about the impact of the individual exercises, your mood, your recovery after exercise, your water consumption, anything that you want to track. Do not worry if you don't exercise every day, just fill this section out when you do with the date that you did the exercise / activity. (I bet you will not like to see this section blank and will exercise more just so you can fill it in). Summarize your week at the bottom of the page and fill out the weight section (if you want to)...



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