

[PDF] I Love My Food And Exercise Journal

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Description:

CLEAR, EASY TO USE, Food and Exercise Journal - over 15,000 copies sold!

This awesome **Food and Exercise Journal** has two pages per day with plenty of room for you to record everything you eat and drink at Breakfast, Lunch and Dinner (along with all of those cheeky snacks in between!), as well as room for you to add up all of your daily calories.

Keeping a Food and Exercise Journal is fun and simple, so why not give it a go? Just write down everything that you eat and drink for 10 weeks and regain control over your weight and health!

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