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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 (7.5" x 9.25") Get Your Copy Today!! Thank you for look inside

Book Information

Series: Diet Journal

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Product Dimensions: 7.5 x 0.3 x 9.2 inches

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