



## Food and Exercise Journal A Three Month Journey to Wellness

By Jordan Pegasus

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 186 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Do you have trouble keeping track of what you eat? How about the amount of exercise you are getting? Most of us do. The Food and Exercise Journal is the perfect tool for keeping track of your food intake, as well as the amount of exercise you are getting. Easy to use. Keeps track of three months worth of food intake and exercise. Compact for easy travel. This item ships from La Vergne, TN. Paperback.



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