



Diet Plan: Vintage Flower Watercolor Healthy Journal for Diet Weight Loss Planning: Size 6x9 (Paperback)

By Weight Loss Journal, Diet and Exercise Diary

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DIET AND EXERCISE JOURNAL DIET AND WEIGHT LOSS PLANNER This Diet Journal is the best solution for you to organize and plan daily diet food. The personal pocket-size 6 x 9 inches is portable and easy to carry. Space to fill in total 90 Days Challenge SPECIALS - BMI: BMI Checking Chart Inside - Compare your weight (before after 90 Days) - Write down; plan your 90 Day Goals - Water Drinking Tracker - Fitness Tracker SPECIFICATIONS - Type: Diet Journal and Food Diary - Cover: Matte Paperback - Dimensions: 6 x 9 inches - Pages: 104 pages STOP DREAMING, START DOING! We create design the simply perfect Diet and Fitness journal with the pocket size that can make your life in everyday easier. Please follow us for more design in diet food plan, weight loss cookbook, wellness journal.

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Merely no words to spell out. I am quite late in start reading this one, but better then never. I am happy to explain how this is actually the very best publication we have go through within my personal daily life and can be he best ebook for at any time.

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