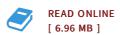




# Up Your Game - Athletic Tracking Journal

By Lauren Denos

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. This journal was created specifically for athletes and aspiring athletes who are wanting to track their progress and see where they can make changes to up their game. You can chart whatever athletic training you would like in this journal. Marathons, Triathlons, adventure racing etc. There is a weekly check in page, this is to see what your new goals for the week are and also to see how you are doing and how you can improve your game. There are multiple slots to track your sport at the end of each week, so if you happen to be someone practicing multiple sports you can keep track of them all. You can track your meals before and after your workout so that you can see if they are giving the best advantage possible. There is an area to track your heart rate which is abbreviated to HR and there is a space for RPE or Rate of perceived exertion. This is to rank your workout intensity on a level of 1-10. This will help you to see how...



## Reviews

This composed pdf is excellent. It really is basic but excitement in the 50 % in the book. Your lifestyle span will likely be change when you comprehensive looking at this book.

-- Tom Fisher

Absolutely essential read through ebook. Better then never, though i am quite late in start reading this one. I am just delighted to inform you that this is actually the finest ebook i actually have read through during my own existence and might be he greatest publication for actually.

-- Ms. Vernie Stracke

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Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



# The Wolf Who Wanted to Change His Color My Little Picture Book

Auzou. Paperback. Book Condition: New. Eleonore Thuillier (illustrator). Paperback. 32 pages. Dimensions: 8.2in. x 8.2in. x 0.3in.Mr. Wolf is in a very bad mood. This morning, he does not like his color anymore!He really wants to try another one, just to see...



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Barron's Educational Series. Paperback. Book Condition: New. Paperback. 24 pages. Dimensions: 8.9in. x 5.7in. x 0.3in.This is volume six, Reading Level 1, in a comprehensive program (Levels 1 and 2) for beginning readers. Two nine-book sets teach reading to children from preschool to...