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# DIET DIARY WORKOUT AND FITNESS PLANNER (PAPERBACK)



Weight a Bit, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Diet Diary Workout and Fitness Planner: My Weight Loss Diary is a great text that will allow the user to easily log information about what they consume and the amount they consume on a daily basis. It will also allow the user to calculate the totals as well so that they can have a better idea of what they are consuming. The...

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- Authored by Samantha Michaels
- Released at 2013



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