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THE 5:2 FAST DIET WEIGHT LOSS RECORDING DIARY



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you are on a diet, 5:2 or otherwise, chances are you are recording your weight loss on a weekly basis. This diary allows you to record a years worth of weight loss data (52 weeks) in one handy place. In addition, if you are really serious about losing weight you should know some of...

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- Authored by Andrew N Hurst
- Released at 2016



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