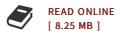




## Workout Journal

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. The Workout Journal can chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn t be complicated and your record keeping shouldn t be either. Included in each chart you ll find simple measures such as: -Date -Time -Activity -Hours - Minutes -Quantity -Intensity Level (Low, Medium, High) -Distance Before you begin start by setting goals. On the Progress Report write in your current status, what you hope to achieve and final results. This worksheet provides a point of reference to help you reach your desired goals. You have a place to record your desired goal and final results for the following: -Weight -Blood Pressure -Neck (circumference) -Chest -Waist -Hip -Upper Arm -Thigh -Calf -Additional blank lines for other measures you desire to note That s it! Record keeping in the Workout Journal can help you stay accountable to your routine so LET S GET STARTED!.



## Reviews

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Dating advice for women Sale price. You will save 66 with this offer. Please hurry up! Women...



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Tarcher/Putnam, US, United States, 2012. Paperback. Book Condition: New. 206 x 137 mm. Language: English . Brand New Book. The Revolutionary Program That Gets Your Kids To Listen Without Nagging, Reminding, or Yelling Why does it feel sometimes as if our children have...



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Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2) for beginning readers. Two...



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