



The Positive Portions Food and Fitness Journal

By Shannon Hammer

Fairview Press,U.S. Spiral bound. Book Condition: new. BRAND NEW, The Positive Portions Food and Fitness Journal, Shannon Hammer, This inspirational diary helps you achieve your wellness goals by giving you a place to record your physical activity and dietary intake. The handy journaling pages let you track the total amount of calories, fat, carbs, protein, and fiber you consume--along with the calories you burn while working out. Illustrated with inspirational artwork and sprinkled throughout with uplifting messages on goal-setting, mindfulness, patience, persistence, and dozens of other uplifting themes.



READ ONLINE
[3.01 MB]

DOWNLOAD



Reviews

This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.

-- **Leopold Schmidt**

Most of these ebook is the ideal publication available. It really is rally fascinating throgh looking at period. I am just easily could possibly get a enjoyment of reading through a created pdf.

-- **Dr. Lilly Nolan**