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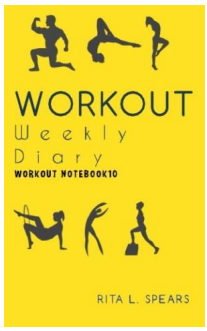

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Achieve your goals and attain optimum health. Make this journal your exercise buddy! Keep track of those trips to the gym, workouts at home -- all your hard work and dedication. -Includes daily pages to record cardiovascular activity, flexibility/balance classes, strength training sessions, and vitamins or supplements. - Goals met checkboxes and space for jotting down a few extra notes...

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- Authored by Rita L Spears
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