

## 90 Day Fitness Journal Your Complete Fitness Companion

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daily exercise is a key factor in maintaining a healthy weight preventing disease relieving stress and improving overall well being the daily planner workout journal is discreetly designed to look like a day planner so users can create and monitor their fitness program without anyone knowing the spiral bound lay flat format makes writing in this journal easy the journal is also packaged in a sturdy slipcase making it the perfect gift for both newcomers to exercise and seasoned athletes alike this journal helps readers determine their current fitness level create personal goals develop a workout plan and maintain a daily physical activity log to keep them motivated guidelines tips and advice help readers develop a successful fitness program including cardiovascular strength and flexibility training the daily journal pages provide space to record the type of physical activity that was performed as well as the repetitions duration intensity and calories burned in addition sections to document daily nutrition vitamins and supplements weight energy levels and water consumed help readers optimize their diet to maximize results its easy to use format makes this journal an essential companion for those seeking to track their physical activity and achieve fitness goals carry it at all times and use it to maximize the results of any fitness plan

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stay focused challenge your mind and body daily this exercise and food diary is a simple tool to help you achieve your eating and fitness goals track weekly monthly and yearly plans plan your daily diet with meat vegetables milk and more the exercise section allows you to keep track of your body and weights to ensure you re on the path to a healthier premium matte cover design printed on high quality interior stock light weight easy to carry around made in the usa

this journal provides space to document daily food and beverage intake physical activity weight and energy level as well as photos and measurements to track progress it comes with a fold out progress chart motivational stickers and a mini removable journal

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how many times have you walked into the gym without a clear plan of what you wanted to do did you complete your last workout efficiently or

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are there times you have walked into the gym or fitness center without a clear plan of what you wanted to do did you complete your last workout efficiently or did you skip out on some exercises and sets because you simply weren't in the mood having your workout written out ahead of time in your workout log book eliminates the mental struggle we engage in the back and forth where we try to legitimize ducking out of our fitness routine we want to help you have a better understanding at how you progress so we designed this workout logbook to be useful the workout log can reveal patterns of strength development weight change mental attitude overtraining and plateaus clearer than even your most committed training partner it's a great teaching tool with a workout journal you can track every session every set and every rep you do in the gym the journal can become a blueprint of what works for you easy to use keeping a detailed journal is a practice you'll be grateful for in the long run the more information you write down the more useful it will be great size with its 21 5 x 27 94 cm 8 5 x 11 dimensions you can squeeze it into a workout bag with ease lightweight and durable it's the perfect size to carry handy and accessible it's a great companion during your gym workouts awesome covers to top it all we have an array of cover designs for you to choose from get inspired by our collection of truly creative book covers we stand for quality and aim to provide the best writing experience with our notebooks this fitness journal is great for keeping a log of your daily or weekly exercise routine so you can track your progress keep motivated exercise harder create better goals and get better results with your training tuck it in your training bag and start a journal of what you are doing today

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