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Gabi Rupp



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meal planning and planning your workouts lead to better outcomes and better fitness results This workout log makes it easy to track everything you need to in order to be successful with your weight loss or fitness goals Track your carbs calories and fat in your food intake along with sets and repetitions completed during a workout This book is 6 x 9 and have a nice glossy and durable cover Perfect to take to the gym slip in your pocket or carry in your purse **Three Months from Now You Will Thank Yourself** B. W. BW Journals,2019-01-21 This 90 Day Complete Fitness and Diet Journal allows you to track your workouts and your diet One day is on a 2 day spread with your meal tracker on the left and your workout of the day on your right Studies have shown that meal planning and planning your workouts lead to better outcomes and better fitness results This workout log makes it easy to track everything you need to in order to be successful with your weight loss or fitness goals Track your carbs calories and fat in your food intake along with sets and repetitions completed during a workout This book is 6 x 9 and have a nice glossy and durable cover Perfect to take to the gym slip in your pocket or carry in your purse *Food Journal and Exercise Tracker* Gabi Rupp,2019-12-09 This premium food journal and exercise tracker allows you to jot down the foods you eat for breakfast lunch dinner and snacks On top it convinces with unique well thought out exercise and habit trackers space for 3 months of daily entries Places to note calories sugar protein fiber carbs fat servings and location easily record stats on how much sleep you got per night additional space for other activities efficient hydration tracker separate section for detailed exercise tracking additional 3 month habit tracker Fail safe international kitchen conversion chart Healthy food substitution chart Extra lined dot grid and blank pages for personal notes With special dedication page at the beginning ideal for gift giving Flexible soft cover and glossy finish Undated planner so whatever your goals start your journey today Homemade with love Langer blank food and fitness journal with soft cover for women who want to live healthier lose or manage their weight Now you can turn your habit changes into an exciting experience Details CREATIVE LOVELY Structured food and activity information meets creative design Stunning minimalist illustrations and design elements on the attractive wooden green background and inside enrich the meal notebook CLEAR CONCISE Clear structure and easy orientation thanks to a table of contents and numbered pages This allows you to access the specific sections at lightning speed and you ll always find what you are looking for PRACTICAL The inside pages of the food journal are white and firmly bound with glossy SOFTCOVER flexible thin cover no hardcover Perfect for customers who prefer narrow lightweight journals Pleasant layout and line spacing It is a great size 7 x 10 inches 178 mm x 254 mm to carry in your purse or bag and in the same time have enough space to jot down and track everything needed DETAILED TRACKING Get clear about your stressors your good and your bad habits Record goals starting stats dig into your why set a plan of action to achieve those goals and track progress with a special body measurements and progress tracker Includes graphics for specific body measurements HIGHLY MOTIVATIONAL A detailed 12 week exercise tracker separated into strength training cardio and stretching will easily take your fitness to the next level You can check a box each time you ve done an exercise or workout like e g leg press chest

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Diet Journal for Weight Loss Gabriela Rupp, 2019-12-11 This **PREMIUM** diet journal for weight loss exercise tracker allows you to jot down the foods you eat for breakfast lunch dinner and snacks On top it convinces with unique well thought out exercise and habit trackers space for 3 months of daily entries Places to note calories sugar protein fiber carbs fat servings and location easily record stats on how much sleep you got per night additional space for other activities efficient hydration tracker separate section for detailed exercise tracking additional 3 month habit tracker Fail safe international kitchen conversion chart Healthy food substitution chart Extra lined dot grid and blank pages for personal notes With special dedication page at the beginning ideal for gift giving Flexible soft cover and glossy finish Undated planner so whatever your weight loss goals start your journey today Homemade with love Langer blank food and fitness journal with soft cover for women who want to live healthier lose or manage their weight Now you can turn your habit changes into an exciting experience Details **CREATIVE LOVELY** Structured food and activity information meets creative design Stunning doodle illustrations and design elements on the attractive cover and inside enrich the meal notebook **CLEAR CONCISE** Clear structure and easy orientation thanks to a table of contents and numbered pages This allows you to access the specific sections at lightning speed and you ll always find what you are looking for **PRACTICAL** The inside pages of the food journal are white and firmly bound with glossy **SOFTCOVER** flexible thin cover no hardcover Perfect for customers who prefer narrow lightweight journals Pleasant layout and line spacing It is a great size 7 x 10 inches 178 mm x 254 mm to carry in your purse or bag and in the same time have enough space to jot down and track everything needed **DETAILED TRACKING** Get clear about your stressors your good and your bad habits Record goals starting stats dig into your why set a plan of action to achieve those goals and track progress with a special body measurements and progress tracker Includes graphics for specific body measurements **HIGHLY MOTIVATIONAL** A detailed 12 week exercise tracker separated into strength training cardio and stretching will easily take your fitness to the next level You can check a box each time you ve done an exercise or workout like e g leg press chest press running cycling yoga class etc during the week **HEALTHY** An easy to

follow food substitution chart will be your go to resource Find out what you can use in place of so many standard ingredients to make your favorite foods healthier without sacrificing flavor FAIL SAFE An international measuring chart and conversion table at the end of the book helps you to ensure that your healthy recipe succeeds perfectly This allows you to easily convert quantities and oven temperature and immediately record all the information behind foreign quantities INSPIRING Use pen and paper instead of a smartphone Writing down your meals thoughts and ideas gives you clarity and can even help you develop better eating habits TIP Use Amazon s Look Inside feature to see a sample of the interior or look at the back of the book Whether you re training trying to lose weight or just want to be aware of the food you are eating harness the power of journaling with this premium logbook Get your daily food journal exercise tracker now and make this one a part of your collection of best journals to write in

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If You Bite It, Write It: 90 Day Daily Food Journal, Food Tracker and Exercise Tracking Notebook with a Weekly Meal Planner Every Day Journals and Planners,2019-02-08 This Journal Will Help You to Record Your Food and Calorie Intake and Track Your Exercise Each Day Also Contains One Page to Help You Write Down What You Ate Record Your Calories Carbs Protein and Fat Each Time You Eat Record Your Sleep Time Log Your Workouts Fill in How Much Water You Drink Each Day Keep Track of How Many Fruits and or Veggies You Eat Each Day Weekly Page to Reflect on Your Weekly Health Victories Two Things You re Grateful For and Your New Goals for the Upcoming Week This Journal Also Includes A Weekly Meal Planner 30 Day Measurement Charts To Record Your Weight and Body Measurements Reflective and Motivating Questions Every 30 Days to Help You Remember Your Why and Reach Your Fitness and Health Goals Size 6x9 Inches Perfect Bound Soft Cover Book Beautiful Matte Finish on the Cover Keeping Track of Your Nutrition Calories and Exercise Will Help Your Reach Your Health Goals Food Journaling is an Effective Strategy to Help You Get Healthier Lose Fat and Feel Better And A Workout Log Can Help You To Get More Fit By Tracking Exercises You Do Whether You Run Lift Weights Walk Hike Play Team Sports Ski and or Swim And the Beautiful

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