



## Food and Exercise Journal 2014 Kick Ass. Repeat. WOD Journal

By Cool Journals

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 104 pages. Dimensions: 8.8in. x 5.9in. x 0.4in.2014 Food and Exercise Journal: Lets start the year fresh a get a routine going and get help with this useful food and WOD journal. Thats right kick ass and keep it going by tracking your breakfast lunch, dinner calories. Plus track vital factors like the levels of stress and sleep. Then record your workout for the day and log the different exercises youve accomplished along with your warm up and recovery activity. Get started today and added this to your cart. Over 100 pages Measures 6x 9 This item ships from La Vergne,TN. Paperback.



## Reviews

This is the finest book i have got study till now. It usually does not price a lot of. I found out this publication from my i and dad encouraged this book to understand.

-- Jamil Collins

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch