



# Food and Exercise Journal 2016 Weekly Food & Workout Diary: Sore Today Strong Tomorrow

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Sore Today Strong Tomorrow

Are you serious about getting fit this year? Start this year off with a bang and track your success. This book was designed to easily record your daily food and exercise habits. Track your meals, track your workouts and track your stress and water in-take. Each month the journal ends with a summary of your weight and body measurements. Get started today and grab this food and exercise tracker.

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