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FOOD AND EXERCISE JOURNAL: EVERYTHING LOOKS GOOD ON SKINNY



Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Food and Exercise Journal: Everything Looks Good on Skinny Is this the year that you reach your fitness goal? It can be! This daily food and exercise journal will help you reach that weight goals. Do you ever find yourself eating absent-mindedly? Wouldn't it be great if you had a little help? This food diary helps you...

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- Authored by Chiquita Publishing
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