



## Keeping on Track with My Fitness Goals - Fitness Journal (Paperback)

By Activinotes

Activinotes, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Living healthy maybe tough but it s very much achievable through hard work and dedication. Of course, you also need a daily dose of motivation, which may be coming from your own struggles and victories. You can use your entries in this journal as a wonderful source of daily inspiration. Write about your exercise routines and challenge yourself by increasing the level of difficulty periodically. Start writing today!.



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