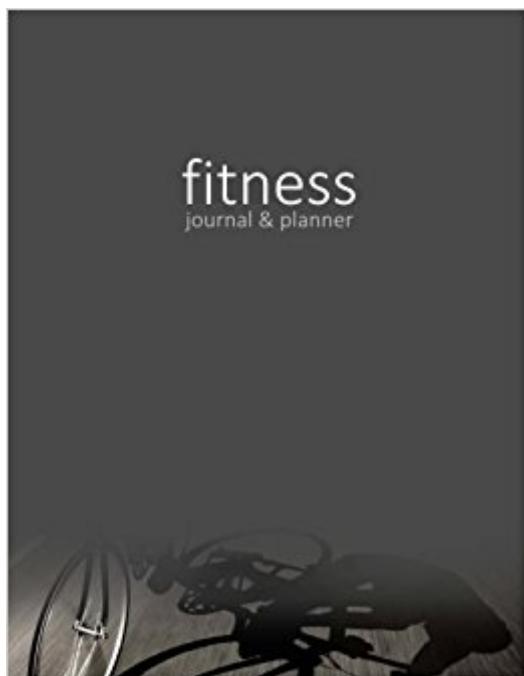


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# **Fitness Journal & Planner: Workout / Exercise Log / Diary For Personal Or Competitive Training [ 15 Weeks \* Softback \* Large 8.5" X 11" \* Full Page ... Cycling / Biking ] (Exercise & Fitness Gifts)**



## Synopsis

Softback 105 day Fitness Journal with Goal & Schedule Planner ( \$5.99 / £4.99 ) IF LOOK INSIDE ISN'T LOADING | click the blue smART bookx link above to look inside on our website. Suitable for competition training or your own private fitness goals. Record all sessions on one daily log (no jumping around between different sections). Each daily log provides space to record: - An Interval Session with target pace, rest, achieved pace and difficulty for each rep, - A Multi-exercise Session, such as weights or circuit training, with up to 6 sets of 15 different exercises, - A Flexibility Session, - Nutrition, including a food log, glasses of water, fruit & veg portions, medications or supplements and hours of sleep, - One 'Other Exercise' Session, - A Daily Review including an injury log, and - A complete Balance of Calories consumed and expended. At the front of the book: - A User Guide - An at-a-glance Schedule Planner to set goals, plan session types and record achievements. At the back of the book: - A Statistics Tracker table and graphing paper to periodically record health or exercise data. Add your own categories alongside the common ones we've provided. - A Session Store. Write, just the once, sessions you repeat regularly. Give them a code and just jot the code down on your daily log (particularly useful for flexibility sessions). - A Muscle Map of the body, - Calorie Look-up Tables and a space to Store Regular Meals | all to help calculate daily calorie balances quickly and easily. - A Fitness Expenses Log, and - Keep Addresses and Passwords for all your sports related contacts in one place. BOOK

**SPECIFICATIONS:** - Pure white acid-free 55 lb paper minimizes ink bleed-through, - Large size 8.5" x 11" (21.6 x 27.9 cm), - Tough matte cover, bound securely with professional trade paperback (perfect) binding, i.e. it's built to last; pages won't fall out after a few months.

**SIMILAR PRODUCTS:** We publish several Fitness Journals. Each has the same interior but there are covers to suit all tastes. To view search 'fitness' & 'bookx' on (don't forget the 'x'). We also publish food diaries, travel journals, password journals, meal planners, reading logs, composition books and much more. Thanks for looking, The smART bookx design team [Buy With Confidence](#) Because Our Customers Love Our Stationery: \*\*\*\*\* Affordable, But Still Good Quality! | Very satisfied with this product ... an affordable option that is also very thorough. Many other planners just didn't have all of the sections I needed, or they did and cost too much ... cover is kind of soft. (Jun 1, 2016) \*\*\*\*\* Love This! | This planner is super cute, and I absolutely love the cover. Lots of room to include all kinds of information. (June 13, 2016) \*\*\*\*\* Great for taking theory notes or writing music! | I'm a music major, and I needed staff paper ... This is a cute product and the staff paper is great. (Feb 1, 2016) \*\*\*\*\* Amazing Recipe Book ... the 3rd smART bookx recipe book I've purchased. Highly recommended. (Dec 28, 2015) **ALL BOOKS ARE MADE IN THE COUNTRY**

PURCHASED

## Book Information

Series: Exercise & Fitness Gifts

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