



# **My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs**

*My Workout Journal*

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# My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs

*My Workout Journal*

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## Break Through Barriers

This book is designed to help you track your workouts so that you achieve maximum personal performance. By recording your daily progress you can easily identify what is working and what has to change.

The front cover may have caught your eye but it is the inside you are really here for. You can track everything from your exercises, sets, reps, core workout, supplements, workout duration and anything else that we thought would help you.

One of the contributors used a journal just like this to lose over 45 pounds in 12 weeks. That is the inspiration behind this journal. We are not saying you will get those results but without tracking her workouts she would have never achieved such a lofty goal.

With a space at the bottom for notes, you can even get as detailed as the music that was playing, whether you had new shoes or how busy the gym was. Every detail counts and nothing should be overlooked.

To make yourself a journaling powerhouse combine this workout journal with either My Diet Journal or My Food Journal. The additional dietary information may take your training to the next level. You might just be amazed at the results.

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### **From reader reviews:**

#### **Vivian Nava:**

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#### **Jill White:**

A lot of people always spent their very own free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity that is look different you can read a new book. It is really fun for yourself. If you enjoy the book which you read you can spent 24 hours a day to reading a publication. The book My Workout Journal: Fitness 2, 6 x 9, 50 Daily Workout Logs it is extremely good to read. There are a lot of those who recommended this book. They were enjoying reading this book. If you did not have enough space bringing this book you can buy often the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

#### **Donald Link:**

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#### **Patrice Reese:**

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