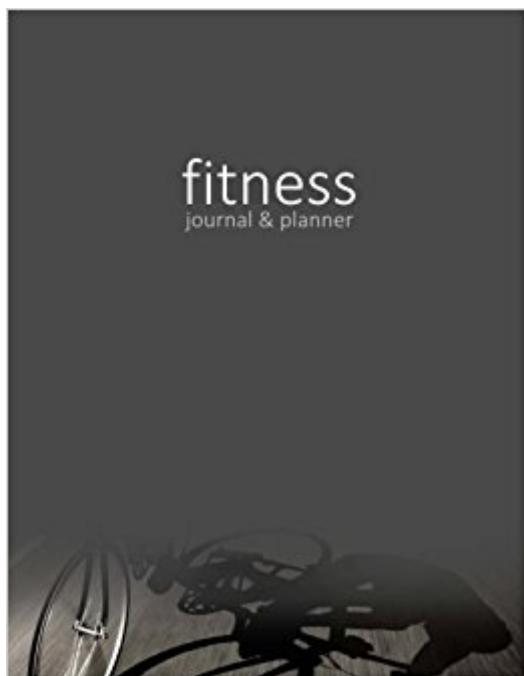


The book was found

# **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

Paperback: 122 pages

Publisher: CreateSpace Independent Publishing Platform (August 14, 2017)

Language: English

ISBN-10: 1974526100

ISBN-13: 978-1974526109

Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #695,714 in Books (See Top 100 in Books) #164 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #174 in Books > Sports & Outdoors > Individual Sports > Triathlon #1803 in Books > Sports & Outdoors > Water Sports

[Download to continue reading...](#)

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)

Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines,

Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Daily Planner -

Personal: Day Planner ( Weekly at a glance layout with goals \* Start any time of year \* 52 spacious

weeks \* Large softback 8â• x 10â• ... Wonder Woman ] (Daily Planners & Organizers) 90 Days Diet

Planner Journal: Healthy & Food Daily Record For Wellness Food Exercise Log Fitness Workout

Yoga Diary Blank Notebook Photo Album (Weight Loss Allergies) (Volume 7) Fitness: Fitness

Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set

(Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) The Isometric

Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise

workout, home workout Book 1) Our Honeymoon in Paris: Honeymoon Scrapbook; Bridal Shower

Gifts for the Bride in all Departments; Bridal Shower Gifts in al; Wedding Gifts for the ... D; Wedding

Gifts in al; Wedding Planner in al The Garden Journal, Planner and Log Book: Repeat successes &

learn from mistakes with complete personal garden records. 28 adaptable year-round forms, ... (The

Garden Journal Log Books) (Volume 1) Calisthenics: 18-Minute Calisthenics Workout Plan for

Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises,

Calisthenics ... Workout Plan, Calisthenics Workout,) The Garden Diary, Journal & Log Book: Plan garden beds and track changes in your landscape for a year to year record. 100 diary pages, 10 graph pages ... (The Garden Journal Log Books) (Volume 2) Vehicle Maintenance Log: Vehicle Maintenance Log Template: Car Maintenance â “ Reminder | Log Book | Mileage Log | Repairs And Maintenance | Everything ... | 5.5 x 8.5â • small & compact (Volume 1) CARB CYCLING - The Best Carb Cycling Recipes for Beginners!: ARB CYCLING - The Ultimate Carb Cycling Guide to Weight and Fat Loss Carb Cycling: The 7-Day Carb Cycle Transformation â “ Carb Cycling Diet, Carb Cycling Recipes, Carb Cycling Meal Plans Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Meal Planner: Weekly Menu Planner with Grocery List [ Softback \* Large (8" x 10") \* 52 Spacious Records & more \* Carnival ] (Food Planners) I Love You Mom! Floral and Gardening Coloring Book for All Ages: Mother's Day Gifts in all Departments; Mothers Day Gifts in al; Mother's Day in ... Gifts from Son in al; Mothers Day Gifts in al Gifts In Jars: 88 Easy To Make DIY Gifts In Jars (Gifts in Mason Jars - Jar Gifts - Recipes - DIY Projects) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Runner's World Training Journal: A Daily Dose of Motivation, Training Tips & Running Wisdom for Every Kind of Runner--From Fitness Runners to Competitive Racers

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)