



The Calorie King Food & Exercise Journal

Alan Borushek

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The Calorie King Food & Exercise Journal is the perfect way to keep track of your healthy lifestyle.

Featuring:

- Pocket-sized, travels easily
- 10-week, one day per page with weekly summary page
- Space to record calories for food and exercise
- Optional columns for carbohydrate, protein or fat intake
- Water/fluid intake section on each page
- Quick exercise guide
- Tips on diet, exercise, changing eating behaviors

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