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Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you want to make sure you achieve your weight-loss or dieting goals? You can use this 8.5 x11 journal for almost any diet or weight-loss system (for example: Doctor s Diet, Paleo Diet, Hungry Girl Diet, South Beach Diet, Dukan Diet, Atkins Diet, Super Shred Diet, etc.) This food and exercise journal allows you to log everything...

**Read PDF My Personal Diet Journal Food Diary Set Goals - Track Progress - Get Results: Effective Weight-Loss or Diet Journal and Food Diary, Green-Yellow Cover, 220 Pages, Track Progress Daily for 3 Months**

- Authored by Spicy Journals
- Released at 2014



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