



BODYMINDER Workout and Exercise Journal (A Fitness Diary)

F. E. Wilkins

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The BODYMINDER is the ultimate physical fitness diary. With a focus on workouts, it can also be used to keep track of any and all other exercise.

Each "day" consists of two pages with an organized, easy-to-use layout for recording workout details...from equipment & settings, to reps & sets, to difficulty level, to heart rate, to muscle groups, and more. There is also space for listing the details of other (non-gym) exercise...from walking the dog, to playing a sport, to dancing up a storm! In addition, each day's meals can be recorded as well as any vitamins or supplements taken.

The 224-page book is spiral bound with a durable leatherette cover. There are 91 days' worth of daily records and thirteen Weekly Schedule forms to help you keep on track. Other sections include food counts on over 100 common foods, heart and blood pressure range charts, progress charts, personal game scores, fitness expenses, and more. In the back there is a vinyl pocket for holding photos, notes, cards, etc.

The BODYMINDER is compatible with virtually all popular exercise and fitness plans and can, indeed, be your key to reaching and maintaining your fitness goals.

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