



## My Food Journal A Small, Compact FoodDietExercise Book

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By Journalmaker

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 100 pages. Dimensions: 10.0in. x 7.0in. x 0.2in.Perfect for Keeping Track of Your Diet and Exercise Routines!Dimensions: 7x10100 pagesThe My Food Journal is a great place to record and keep track of what you eat. A section is provided to record any exercises you do throughout the day. This daily food diary will help you maintain your diet and exercise routines. This item ships from La Vergne,TN. Paperback.



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