

Personal Training & Workout Diary



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Is your training regime stuck in a rut? Do you find it hard to make to the gym or to an exercise class? Staying on track is one of the most difficult things about starting & maintaining an exercise program. The Personal Training & Workout Diary will help you set goals, improve your fitness, & stay motivated. This year-long diary allows you to: record your weight-training sessions, cardio workouts, & food intake; measure your totals & results; set weekly, monthly, & yearly fitness & weight-loss targets; plan your diet & fitness programs; & track your physical measurements & overall progress. Achieve your fitness goals, maintain them over the long term, & get great results with the Personal Training & Workout Diary!

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