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The Diet Journal

Your To-do list + Sketchbook
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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. DIET AND EXERCISE JOURNAL DIET AND WEIGHT LOSS PLANNER This Diet Journal is the best solution for you to organize and plan daily diet food. The personal pocket-size 6 x 9 inches is portable and easy to carry. Space to fill in total 90 Days Challenge SPECIALS - BMI: BMI Checking Chart Inside - Compare your weight (before after 90 Days)...

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- Authored by Weight Loss Journal
- Released at 2017



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