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Fitness Log

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The Fitness Log is a place to chart most fitness activities for one full year, no matter what type of workout you like to do. Workouts shouldn't be complicated and your record keeping shouldn't be either. Included in each chart you'll find simple measures such as: -Date -Time -Activity -Hours - Minutes -Quantity -Intensity Level (Low, Medium, High) -Distance (If walking, running, swimming, etc.) Before you begin start by setting goals. On the Progress Report write in your current status, what you hope to achieve and final results. This worksheet provides a point of reference to help you reach your desired goals. You have a place to record your desired goal and final Results for the following: -Weight -Blood Pressure -Neck (circumference) -Chest -Waist -Hip -Upper Arm -Thigh -Calf -Additional blank lines for other measures you desire to note Write in your workout activities to help you stay on schedule, accountable and healthy.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**