



## The 90 Day Way - Food Mood Exercise Journal: 20 (Paperback)

By Hugh Nivers

Amazon Digital Services LLC - Kdp Print Us, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. We hope you'll enjoy The 90 Day Way - Food Mood Exercise Journal in the 6 x 9 inch; 15.24 x 22.86cm size as much as we did creating in for you. The 90 Day Way is a classic and portable journal designed to make getting happy and healthy a pleasure. Track your food, mood, exercise, sleep, and daily routines. There are inspirational quotes on almost every page. Also, you can check your progress every week by weighing in and taking your measurements. The 90 Day Way features include: 100 white pages Unique Designer cover Portable 6 x 9 inch / 15.24 x 22.86cm size that fits perfectly in your backpack, satchel, or bag. The bold white paper is sturdy enough to be used with all kinds of pens, markers, pencils and more. Reliable standards: The 90 Day Way uses industry perfect binding (the same standard binding as the books in your local library). Tough matte paperback. Crisp white paper with quality that minimizes ink bleed-through. The 90 Day Way is great for either pen or pencil pushers. The 90 Day Way is a great gift...

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