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This **food and exercise journal** is great for keeping a daily/weekly log of your exercise routines and food intake. The workout journal fits perfectly in your training bag so it's great for on the go tracking. This journal will help your weight loss journey by measuring your fitness and eating habits, which has been shown to increase your results rapidly! This fitness and food journal measuring 6" x 9", has one page for recording your workout routines, an the other side for your food diary. This will be the only journal your need as it has space for a whole 12 months of tracking. Jump-start your fitness and weight loss goals in 2016 and beyond with this amazing **food and exercise journal**, and it will be one of the best investments for your body you can make.

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