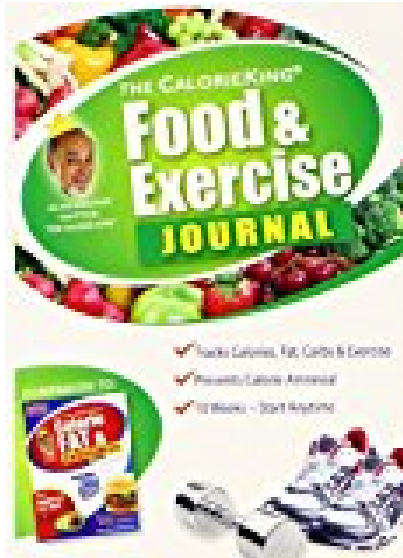


# The CalorieKing Food & Exercise Journal

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## BOOK DETAILS

- Author : Alan Borushek
- Pages : 96 Pages
- Publisher : Family Health Publications
- Language : English
- ISBN : 1930448155

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## BOOK SYNOPSIS

The Calorie King Food & Exercise Journal is the perfect way to keep track of your healthy lifestyle. Featuring: - Pocket-sized, travels easily - 10-week, one day per page with weekly summary page - Space to record calories for food and exercise - Optional columns for carbohydrate, protein or fat intake - Water/fluid intake section on each page - Quick exercise guide - Tips on diet, exercise, changing eating behaviors "

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