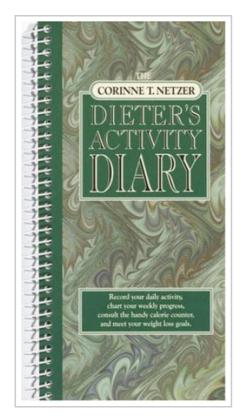
The Corinne T. Netzer Dieter s Activity Diary (Paperback)





By Corinne T Netzer

Random House USA Inc, India, 2004. Paperback. Book Condition: New. 201 x 104 mm. Language: English . Brand New Book. KEEP TRACK OF YOUR ACTIVITYAND SEE THE RESULTS! Exercise plays a crucial role in weight loss and healthy livingand now staying fit is easier with this handy, portable two-page-per-day activity diary. Just keep track of your daily spare-time activities, both sedentary and active and follow your progress day by day. Youll be able to spot and eliminate trouble areas at a glancewith the book that helps you convert sedentary time to active time! An easy, efficient system for recording your daily activities for up to 8 full weeks A weekly progress report to keep you motivated Includes a concise calorie counter for quick reference Valuable tips and information to help you increase your activity Space for writing notes, your food intake, exercise schedules, and more!.





Reviews

This is the finest book i have got study right up until now. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Keanu Johns

This is the finest book i have read until now. It is filled with wisdom and knowledge You can expect to like just how the author compose this ebook.

-- Tobin Lesch