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FITNESS LOG (PAPERBACK)



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...

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- Authored by Frances P Robinson
- Released at 2014



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