



BODYMINDER Workout and Exercise Journal (A Fitness Diary)

By F. E. Wilkins

Download now

Read Online ➔

BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins

The BODYMINDER is the ultimate physical fitness diary. With a focus on workouts, it can also be used to keep track of any and all other exercise.

Each "day" consists of two pages with an organized, easy-to-use layout for recording workout details...from equipment & settings, to reps & sets, to difficulty level, to heart rate, to muscle groups, and more. There is also space for listing the details of other (non-gym) exercise...from walking the dog, to playing a sport, to dancing up a storm! In addition, each day's meals can be recorded as well as any vitamins or supplements taken.

The 224-page book is spiral bound with a durable leatherette cover. There are 91 days' worth of daily records and thirteen Weekly Schedule forms to help you keep on track. Other sections include food counts on over 100 common foods, heart and blood pressure range charts, progress charts, personal game scores, fitness expenses, and more. In the back there is a vinyl pocket for holding photos, notes, cards, etc.

The BODYMINDER is compatible with virtually all popular exercise and fitness plans and can, indeed, be your key to reaching and maintaining your fitness goals.

 [Download BODYMINDER Workout and Exercise Journal \(A Fitness ...pdf](#)

 [Read Online BODYMINDER Workout and Exercise Journal \(A Fitne ...pdf](#)

BODYMINDER Workout and Exercise Journal (A Fitness Diary)

By F. E. Wilkins

BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins

The BODYMINDER is the ultimate physical fitness diary. With a focus on workouts, it can also be used to keep track of any and all other exercise.

Each "day" consists of two pages with an organized, easy-to-use layout for recording workout details...from equipment & settings, to reps & sets, to difficulty level, to heart rate, to muscle groups, and more. There is also space for listing the details of other (non-gym) exercise...from walking the dog, to playing a sport, to dancing up a storm! In addition, each day's meals can be recorded as well as any vitamins or supplements taken.

The 224-page book is spiral bound with a durable leatherette cover. There are 91 days' worth of daily records and thirteen Weekly Schedule forms to help you keep on track. Other sections include food counts on over 100 common foods, heart and blood pressure range charts, progress charts, personal game scores, fitness expenses, and more. In the back there is a vinyl pocket for holding photos, notes, cards, etc.

The BODYMINDER is compatible with virtually all popular exercise and fitness plans and can, indeed, be your key to reaching and maintaining your fitness goals.

BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins Bibliography

- Sales Rank: #7427 in Books
- Size: 1
- Brand: Memory Minder Journals
- Published on: 2011-01-01
- Released on: 2007-01-01
- Ingredients: Spiral bound 224 pages leatherette cover 8 1/2 X 6" additional sections for weekly schedules, stats & goals, games & competitions, health club and fitness expenses.
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 6.00" w x .75" l, .80 pounds
- Binding: Diary
- 224 pages



[Download BODYMINDER Workout and Exercise Journal \(A Fitness ...pdf](#)



[Read Online BODYMINDER Workout and Exercise Journal \(A Fitne ...pdf](#)

Download and Read Free Online BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins

Editorial Review

Review

BodyMinder is easy-to-use, fits nicely in a gym bag; a good choice for anyone who wants a little extra motivation. -- *About Exercise.com, February 2004*

Our sincere thanks for your tremendous contribution (of BodyMinders) to this year's Emmy Performer Nominee gift bags. Splendid! -- *Academy of Television Arts and Sciences, Fall 2003*

The BodyMinder (pictured) has spacious daily pages for tracking reps, sets, etc. -- *Muscle Mag International, June 2003*

The BodyMinder helps by encouraging you to record your exercise...meet your fitness goals once and for all! --*Short Hairstyles, September 2003*

Users Review

From reader reviews:

Emil Townsend:

Why don't make it to be your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite e-book and reading a book. Beside you can solve your condition; you can add your knowledge by the publication entitled BODYMINDER Workout and Exercise Journal (A Fitness Diary). Try to face the book BODYMINDER Workout and Exercise Journal (A Fitness Diary) as your good friend. It means that it can to be your friend when you feel alone and beside regarding course make you smarter than before. Yeah, it is very fortunated for you. The book makes you far more confidence because you can know every little thing by the book. So , let us make new experience along with knowledge with this book.

Stacey Ryan:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book can be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the book untitled BODYMINDER Workout and Exercise Journal (A Fitness Diary) can be good book to read. May be it is usually best activity to you.

Larry Davis:

Are you kind of busy person, only have 10 or maybe 15 minute in your day to upgrading your mind talent or thinking skill actually analytical thinking? Then you have problem with the book than can satisfy your small

amount of time to read it because all of this time you only find publication that need more time to be study. BODYMINDER Workout and Exercise Journal (A Fitness Diary) can be your answer mainly because it can be read by you who have those short spare time problems.

Daniel Gordon:

In this particular era which is the greater individual or who has ability to do something more are more treasured than other. Do you want to become considered one of it? It is just simple solution to have that. What you should do is just spending your time not very much but quite enough to get a look at some books. One of several books in the top record in your reading list is usually BODYMINDER Workout and Exercise Journal (A Fitness Diary). This book which can be qualified as The Hungry Mountains can get you closer in becoming precious person. By looking way up and review this book you can get many advantages.

Download and Read Online BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins #J3IVF8CGN67

Read BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins for online ebook

BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins books to read online.

Online BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins ebook PDF download

BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins Doc

BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins Mobipocket

BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins EPub

J3IVF8CGN67: BODYMINDER Workout and Exercise Journal (A Fitness Diary) By F. E. Wilkins