



Clean Eating Diet Journal: Track Your Progress with this Diet Log Journal to see what's working.

Neil Masters

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The Clean Eating Diet Log Journal is a convenient way to keep track of your healthy lifestyle. Start today with a healthier you. Each day features an easy-to-use layout for tracking important details. Includes: - Space to record date, weight, daily meals, exercise workout, water intake, goals, notes and reminders. Over 50 + pages



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