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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a handy little Fitness Journal for 2016 and beyond. Beautifully designed with a vibrant LGBT / gay flag cover image. Inside the book there is a body measurement and weight chart at the front for you to track the essentials on a weekly basis followed by 12 months of fitness / exercise journal pages. Click to...

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- Authored by Blank Books n Journals
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