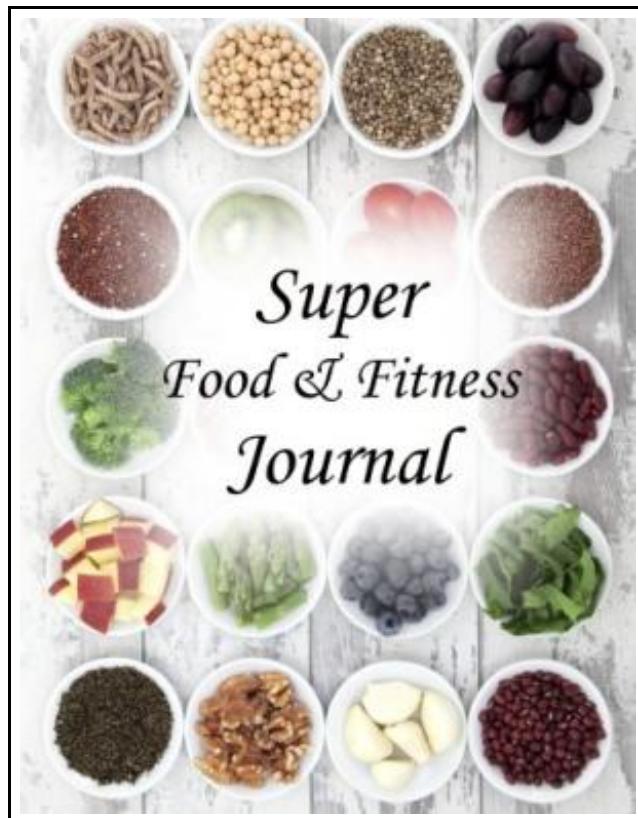


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Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This journal was created as an easy way to log what is going on in your health. You will notice that after each meal time you are asked how you feel, energy levels and if you are bloated, this is to help identify problem foods. Many people have food allergies and are not even aware of it. When you ask yourself these questions often you will get to see patterns appear of how foods are having an effect on you. This journal is very simple so that you can use it for what you want. There is a section for exercise and you can fill in reps, weights and your cardio. At the end of each exercise section there is a space for RPE or Rate of perceived exertion. This is to rank your workout intensity on a level of 1-10. This will help you to see how hard you are working and if you need to mellow out or make it more intense. As we continue to exercise we get stronger so an exercise that at one point may have ranked as a 7 or 8 on the RPE scale may start to feel more like a 5 or 6. So when that happens you know it is time to challenge yourself more and step it up. There is a place to measure yourself at the beginning and the end of the month. The body weight measurement is just another tool to get an overall idea of what is going on in your body. I would urge you to not put too much faith in the scale. As your body composition changes you weight can go up...

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