



Weight Loss Tracker for Brides

By Pat L Steele

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Secrets You Wish You Knew One Year Ago As a bride preparing for your big day has been extremely busy. Taking the time to ensure that you stay healthy and svelte can seem daunting. You need to treat your weight loss tracking journal as your constant companion in your quest for a healthier self. Fill this journal out with your exercise or physical activity goals side by side to your actual repetitions. Track your calories by listing down the food you eat. Just taking these simple steps, you will arrive at your landmark wedding day, svelte, slender and feeling sexy! Buy this journal now to get the most out of your preparation for your new life.



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