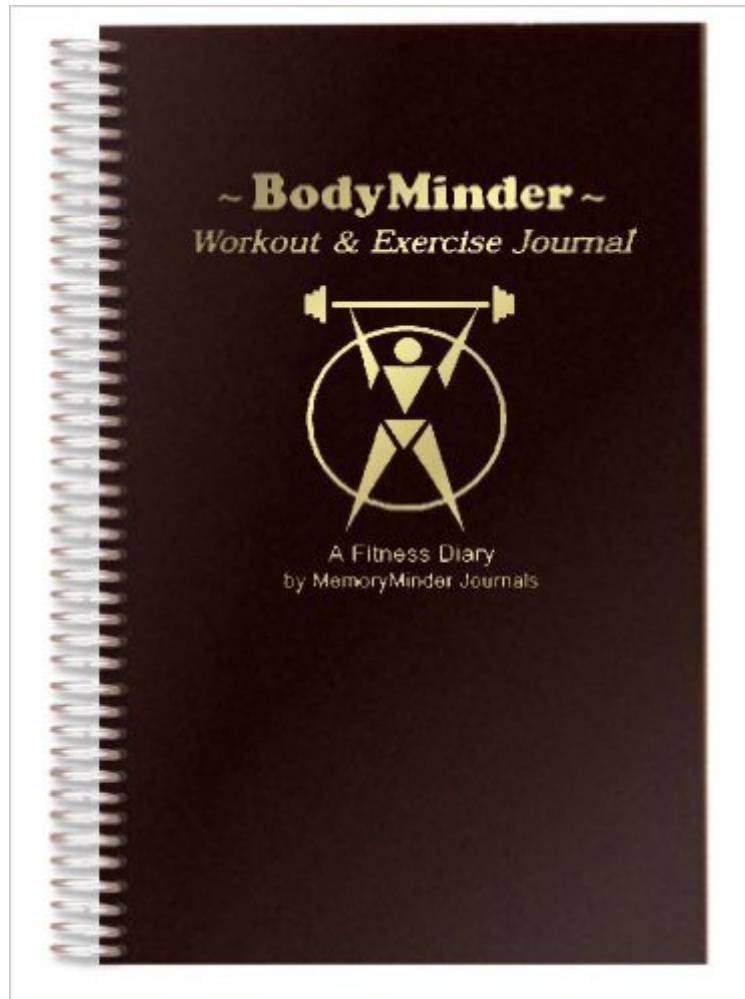


The book was found

BODYMINDER Workout And Exercise Journal (A Fitness Diary)



Synopsis

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.

Book Information

Diary: 224 pages

Publisher: MemoryMinder Journals, Inc. (January 1, 2011)

Language: English

ISBN-10: 0963796844

ISBN-13: 978-0963796844

Product Dimensions: 0.8 x 6 x 8.5 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (381 customer reviews)

Best Sellers Rank: #4,507 in Books (See Top 100 in Books) #70 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#)

Customer Reviews

When looking on , the search inside feature shows an older edition. After purchasing, I found there have been some improvements. Notably, the dietary section now includes boxes for breakfast-snack-lunch-snack-dinner-snack. This fits nicely for people who are following a diet that requires them to eat 5-6 small meals per day instead of the old standard of 3 meals. To make room for this, the "Other Exercise" section has been shrunk a bit. Instead of having big check boxes for various activities such as gardening and yoga (which was a waste of space to people who didn't use them), there are now 5 blank lines where you can write in your own activities, whatever they may

be. The cardio workout section has also been reformatted. The cross-country skier and jump rope have been removed, but there are three blank lines where people could add those back if they want. Anyway, I would say that this was already an excellent product, and it is nice to know that it improves with time. Here are some things I like as compared to other workout journals I looked at.- I like that it is both a workout and food diary AND gives plenty of space for both. It is important to pay attention to both in order to get and stay fit.- I like that it has a lot of lines for weight training exercises. Some others did not have near enough for my needs.- Some other journals I've looked at had much smaller spaces for writing in.- Some journals had pictures on the cover of fitness models. I don't want to carry something into the gym that looks like the cover of a lady's fitness magazine or a men's muscle magazine either. I prefer the conservative fake leather look of this journal.

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