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By having a fitness journal, you will be able to look back on your previous activities to see whether it works for you or not. By having a fitness journal, you will be able to determine what your fitness goals are for the day instead of just guessing and choosing random exercise routines.

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There are simple formulas for determining daily fat and calorie consumption; advice on the ideal weight range for your body type; an extensive list of exercises and the calories they burn; an incredibly broad list of foods and their nutritional values; data on essential vitamins and minerals; and numerous other helpful charts. Most important, a 90-day journal helps users track their workouts, their eating plan, and their speedy progress.

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Great job on your 90 Day Journey to get even healthier and stronger! Your results are so impressive!! You have inspired me to go on my own 90 Day Journey. I'm 3 weeks in and down 4 pounds! I'm using your awesome 12 week planner and it is super motivating to write in it and circle the smiley faces!

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I revamped my 90 day plan and just this week of incorporating 5 days of working out and eating much healthier every day I lost 5 lbs - which is just to testify how crappy I was actually eating. Anyway, I refer back to your 90 day journey so much to see your DATA (yay data) and your trends and your UPS AND DOWNS (mostly the ups and downs - lol).

Today is the Day: A 90 Day Food + Fitness Journal: Daily ...

Fitness journals are used for isolated periods of time, ranging from a month to a year. There are also some 90- and 180-day journals, too. These don't usually follow a calendar; rather, you can fill in the dates with each entry. Effectively, that means a 90-day journal can last much longer than a few months.

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Today is the Day is a 90 day guide to cultivate a better you! It is a food and fitness themed self exploration journal that is designed to help you set and reach your goals, dig into your why and set a plan of action to achieve those goals.

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