



The Ultimate Workout Log: An Exercise Diary for Everyone

Suzanne Schlosberg

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A newly revised edition of the best-selling classic that launched thousands of people on the road to fitness

The Ultimate Workout Log is an easy-to-use diary and goal tracker with a unique format and six months' worth of space to record training routines and accomplishments. Ever popular and endlessly useful, the log makes it easy for users to note cardio, strength, and flexibility and balance workouts, while also including space for nutrition notations. Research shows that goal setting and daily self-monitoring lead to increased participation and greater weight loss. So whether you're a veteran marathoner or a first-time gym-goer, this log will provide motivation, tools for analyzing patterns in your workouts, and a record of your achievements.

“Bound to help you stay on track.”—*Men's Fitness*

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