



My Workout of the Day Journal: A 6 X 9 Lined Notebook (Paperback)

By One Jacked Monkey Publications

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This vibrant journal provides plenty of space in to write in your workout of the day or exercise routine. The simple cover gives way to well-spaced lines on 90 pages. * Excellent thick binding * Simplistic design perfectly made for any occasion or reason * Journal measures 6 inches wide by 9 inches high * 90 lined pages with elegant page numbering * Perfect size for carrying anywhere and everywhere.



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