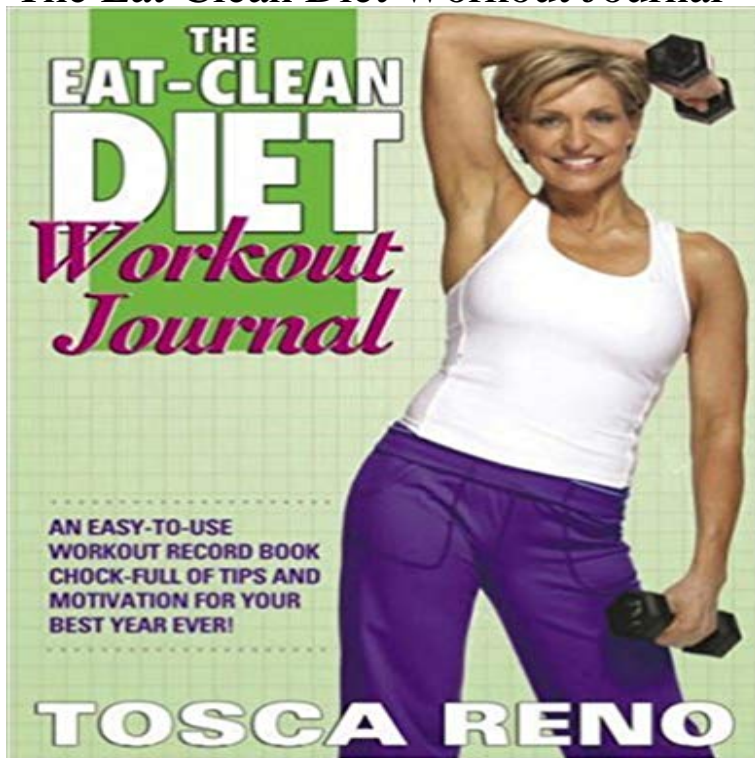


The Eat-Clean Diet Workout Journal



In The Eat-Clean Diet Workout, Tosca Reno explains the importance of keeping a training journal: With a few simple flicks of the pages, I can see how I was training seven years ago or seven weeks ago. This is indispensable as a tool for success. The Eat-Clean Diet Workout Journal offers not only journal entry sheets, but also goal sheets to help you keep track of your short- and long-term goals, great photos, motivational quotes, and tips from Tosca. In addition there are anatomy charts and pages to record your weight and measurements to track your improvements.

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