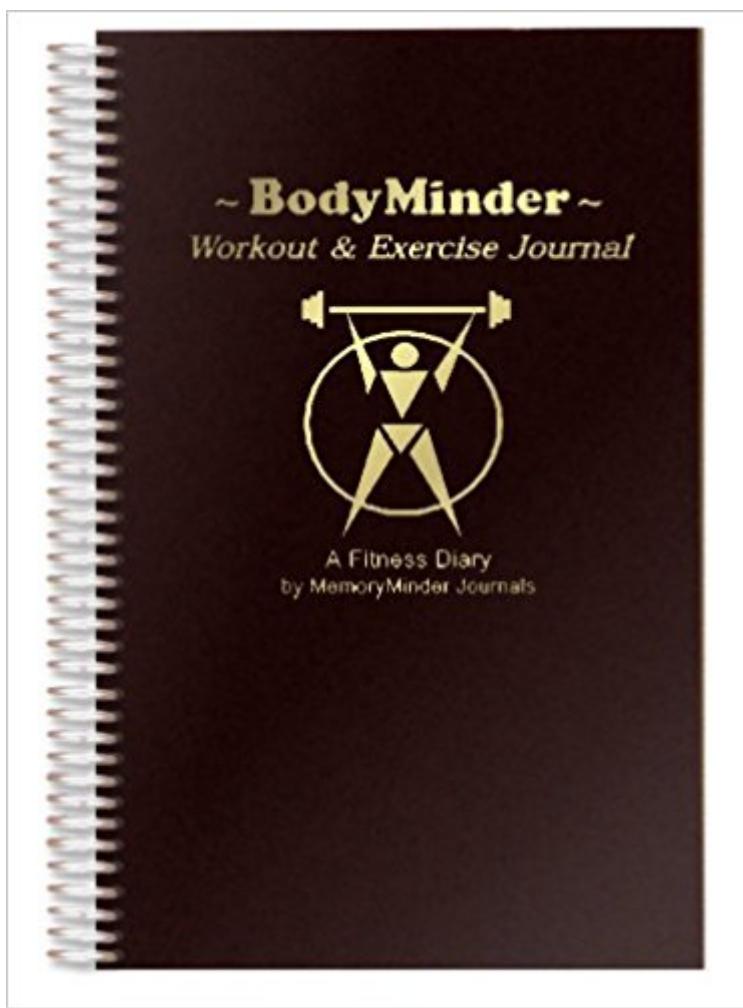


The book was found

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

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Product Dimensions: 0.8 x 6 x 8.5 inches

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

Average Customer Review: 4.6 out of 5 stars 438 customer reviews

Best Sellers Rank: #8,137 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

BodyMinder is easy-to-use, fits nicely in a gym bag; a good choice for anyone who wants a little extra motivation. -- About Exercise.com, February 2004 Our sincere thanks for your tremendous contribution (of BodyMinders) to this year's Emmy Performer Nominee gift bags. Splendid! --

Academy of Television Arts and Sciences, Fall 2003 The BodyMinder (pictured) has spacious daily pages for tracking reps, sets, etc. -- Muscle Mag International, June 2003 The BodyMinder helps by encouraging you to record your exercise...meet your fitness goals once and for all! --Short Hairstyles, September 2003

Love it! It has so much! It makes you want to stay with it because it keeps you so involved!

I love this journal. I use it daily to record my fitness activities and meals. The journal is easy to use and provides space to record your cardio activities (e.g. treadmill, elliptical trainer), your strength-training exercises, and other miscellaneous activities. For strength training, the table allows you to record your repetitions and weights. You can also record your meals and snacks throughout the day. This is useful if you are tracking your calorie intake. There's also list of common foods and their calories at the beginning of the book (there's space to add to the list). If you are trying to lose weight or simply track the number of calories you are consuming, recording this information does make you feel more accountable for what you eat and makes you think twice before eating something you really shouldn't. Prior to the Bodyminder journal, I had used the Fitlosophy Fitbook, which is also a nice fitness journal, but costs twice as much as the Bodyminder and has less space to record your activities. The Fitbook also doesn't have space to track the number of calories that you burn and intake; a feature that I like. If you are looking for a simple (no frills) and easy to use journal, I highly recommend the Bodyminder. It's thin enough to stick in your gym bag and gives you the flexibility to start/stop recording your activities, whereas the Fitbook always started on a Monday. When I'm finished with this journal, I plan to purchase another Bodyminder journal. It just takes a couple of minutes a day to record your activities and food intake, which is well worth the time if you trying to get or stay fit.

Great book to keep track of your nutrition and activity throughout the day. There are a lot of apps that can do this stuff nowadays, but sometimes pen and paper helps you stay accountable.

It is okay. It has all you need in it. I find, however, for someone who is always adding new exercises to my workout and needs to jot down an explanation, there is just not enough room. Sometimes my workouts have a lot of exercises and there is just not room to use 2 lines for each one.

I use it every time I go to the Gym (4 times a week) and for planning my workouts. It has more of what I need than anything that I have seen. I don't particularly need the dietary aspects, but it would be real handy for someone more interested in loosing weight or still working out a diet for conditions like diabetes. I am 5 weeks into my second book and will order more . The only thing I would like to see is more planning pages. I end up with daily pages left over because I don't track every day. That

would be my problem, because the people that do daily diet tracking or some fitness activity every day need the balance the book has. In the end, I use it, will continue to use it, and recommend it for others

I really like this book. It's gonna join me on the journey. Seems well constructed not cheap and I appreciate the break down internally for the areas to write in the weights and work outs.

I continue to use these books to log my workouts. I love being able to quickly write up a workout, log my reps and sets, and look back at what I've done. Great alternative if you hate typing things in your phone during a workout like I do.

Fantastic! So many options and yet the layout keeps everything simple. I prefer it to other apps and journals. It has everything I want to keep track of and really does help me stay on track. I can see a repurchase in the future! I would recommend it to anyone looking for a great fitness and nutrition journal.

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