



Dailygreatness Training Journal: 12 Weeks to a Rocking Fit Body and Mind (Dailygreatness Journal)

By Lyndelle Palmer Clarke

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A rocking fit body starts with a rocking fit mind. Healthy thinking habits create healthy behaviours and your behaviour determines your success. What, then, is more important than thinking positive, setting goals, taking action and staying focused? The Dailygreatness Training Journal: 12 Weeks to a Rocking Fit Body and Mind combines a goal planner, a 12-week fitness plan, food and exercise journal, and daily tools for self-mastery. Designed to be used alongside your training sessions, it is your very own personal trainer. The daily pages will guide you to create healthy habits through the 8 Daily Steps of training, diet, meditation, gratitude, intentions, stretching, health reminders and self-awareness. The weekly and monthly check-ins keep you committed, accountable and motivated. With a 12-week review to celebrate your progress, each stage lays the foundation for achieving your fitness goals, reaching your potential and creating a rocking fit body and mind. The flexi-bound cover means the journal is sturdy and durable yet light in weight. Inside, the premium quality paper is easy to write on with two silk ribbon markers for keeping your place. The smooth matte finish makes it a pleasure to handle and the bold and beautiful design, with 168 full-colour pages, will inspire you to use it often. Caution! This training journal, if used every day, could radically transform, profoundly shape and dynamically alter your body and mind!

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By Lyndelle Palmer Clarke Bibliography

- Sales Rank: #985445 in Books
- Published on: 2013-06-25
- Original language: English
- Dimensions: 9.45" h x 3.94" w x 7.09" l,
- Binding: Perfect Paperback
- 168 pages

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