



## Weight Loss Tracker for Senior Citizens

By Pat L Lloyd

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Take 2.6 Minutes to Get Started With . You ll be Happy You Did! The easiest way for AARP card carrying senior citizens to lose weight, get fit and keep it is by knowing what you put in your body. Grandmother used to say, You are what you eat. She was right. You can quickly and easily start tracking your eating in your own weight loss tracking journal. It will be your constant companion in your quest for a healthier self. Just fill this journal out with your exercise or physical activity goals side by side to your actual repetitions. Track your calories by easily listing the foods you eat. This tracker was created for you to quickly and easily use it to lose weight faster than you ever thought possible. You need this tracker so buy one today if you want to get and stay fit at any age. Take the first step!.



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