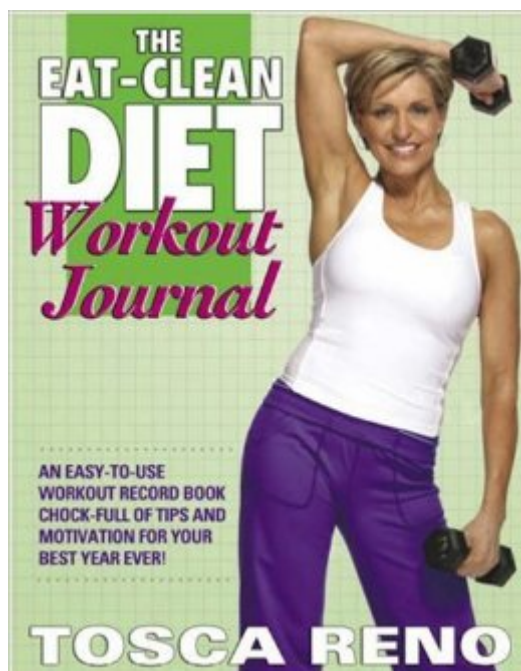


The book was found

The Eat-Clean Diet Workout Journal



Synopsis

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.

Book Information

Series: Eat-Clean Diet

Spiral-bound: 192 pages

Publisher: Robert Kennedy (December 19, 2007)

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Product Dimensions: 7.1 x 0.6 x 9.2 inches

Shipping Weight: 12 ounces

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (30 customer reviews)

Best Sellers Rank: #748,144 in Books (See Top 100 in Books) #94 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching](#) #5849 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

This journal goes along with Tosca Reno's Eat-clean Diet Workout Book. However, it can be used to track any weight training progress. It does have some motivational sayings/info on the pages, but nothing that's not common knowledge. Basically there are two charts: one for weekly, monthly and long-term goals and one to list the exercises. On the exercise chart are spaces to list body part, exercise, and the weight/reps used for up to 5 sets. At the bottom of the page is a space to note cardio activity and general notes. Samples of each of the charts is in the author's Eat-clean Diet Workout book and can be reproduced from there. I gave it 3 stars because you have to write in the name of the each exercise and pound used each day. Also there is not any designated nutrition notes. This is surprising given Reno's emphasis on clean eating and frequent small meals. Other journals provide space for nutrition and weights used. Reno's book might work as a motivating tool if you like to have the matching set of books. Otherwise, keep a computer based journal or use a

regular spiral notebook/steno pad to keep track of your progress.

The construction of this log is too bulky, and there is too much extraneous, unnecessary stuff (pictures, quotes, etc). If you want a nice, streamlined spiral-bound log that does not call attention to itself and has EVERYTHING you could possibly need, check out The Workout Log by Joe Oliver at [...] or here on this site

at:http://www..com/Workout-Log-Joe-Oliver/dp/0968707505/ref=sr_1_1?ie=UTF8&s=books&qid=1242145359&sr=8-1That one is my all time favorite, and I've gone back to using it.

Leaves 11 spaces to put weight lifting exercises in and a space for cardio. I think the book is a little bulky for carrying around the gym. The less attention I draw with a workout book, the better I think. I think its a little expensive for what you get. I think I would rather make my own or buy a smaller one for cheaper.

Nice workout format with very useful tips but to bring this to the gym would be rather distracting. It's not made in the way you could just open it quickly and jot down your routine. I just take mental notes and leave it in the car. Then update it later. I wish someone would make a workout journal that you could actually use at the gym with out all the fuss. I have been using my Iphone instead. Sorry Tosca! I still love you and follow you!

I purchased this over a year ago and I still use it today. Documenting is a great way to stay motivated and this book also has daily tips and work out plans and detailed explanations to help with focus and form.

This is by far the best workout journal that I can find for strength training and journaling your cardio/other training. Each page includes enough room for the exercise, including name allowing for up to 6 sets. There are 11 rows...so plenty of lines for what you are going to do during that session. There is a space for cardio and "notes", as well as cute tips at the bottom. I have used this journal for about 3 years and have been through quite a few. I have looked for others, mostly to change things up...looking at the same book almost every morning for 3 years can be a bit boring :) but I have yet to find any that even match up. Oh and the beginning of the book includes room for current and goal weights and you can fit a pen nicely in the binder part and is small enough to throw in your bag, yet big enough to fit all of your hard work. Motivate yourself and fill one up! I've lost 50lbs and

many inches by doing so :)

I really like this journal lots of inspiring and motivational messages to keep you going towards your fitness goal. I would very much recommend this to help keep you moving.. The only thing I didn't like about the journal is that you don't have much room to right everything down that you ate for the day. Other than that the journal is a great motivational tool.

I tried using my smart phone to track my workouts. I didn't like it. Paper and pencil works best for me to see my progress. This journal is set up as one page for one day of working out. There are helpful hints throughout the pages as encouragement. I like that it is spiral bound and easy to turn pages and lay flat. You can't beat the price either - it was on sale! The only downside is going back to previous pages to rewrite each workout regime and the machine/weights used on a new page.

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