



Personal Daily Log: With Updated Interactive Web-Sites

By Wadsworth

CENGAGE LEARNING, United States, 2003. Paperback. Book Condition: New. 211 x 142 mm. Language: English . Brand New Book. Contains an exercise pyramid, study/exercise guide, goal setting tips, food pyramid, and a federally developed guide to food serving sizes. The daily log enables students to track their results each day.



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