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Awesome organization of workouts, nutrition and hydration, would be nice to have a little more space for writing each item (i.e. exercise/equipment used block; and meal/snack boxes. But, overall satisfaction.

BodyMinder Workout and Exercise Journal - gnc.com

The BodyMinder has also received rave reviews from Bottom Line Health, The Dallas Morning News, Diet & Exercise Magazine, ECA News, Men's Fitness, Ms. Fitness, Shape, Muscle Mag International, Prevention's Fit & Firm, About Exercise.com, RealAge.com, Experience Life, and others.

BodyMinder: Workout & Exercise Journal by F. E. Wilkins

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BodyMinder : Workout and Exercise Journal by Frances E

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