



# Eat and Run: Progress Journal A Must Have For Everyone on This Journey

*Ryan Smith*

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## **Eat and Run: Progress Journal A Must Have For Everyone on This Journey** Ryan Smith

Eat & Run Progress Journal is a unique and personalized approach for the frequent runner. A nutritionist and certified weight-loss expert will devise a healthy meal plan just for you based on your age, weight, occupation and more. The Eat & Run Progress Journal ultimately helps you control your weight with knowledge. This is the best for anyone who wants something to work when other runner's advice has been less than ideal. A runner's journal will be a wonderful way to document the process of your running journey. You can describe the ups and downs of the transition as you begin the Eat & Run Progress Journal for a brighter and healthier future

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