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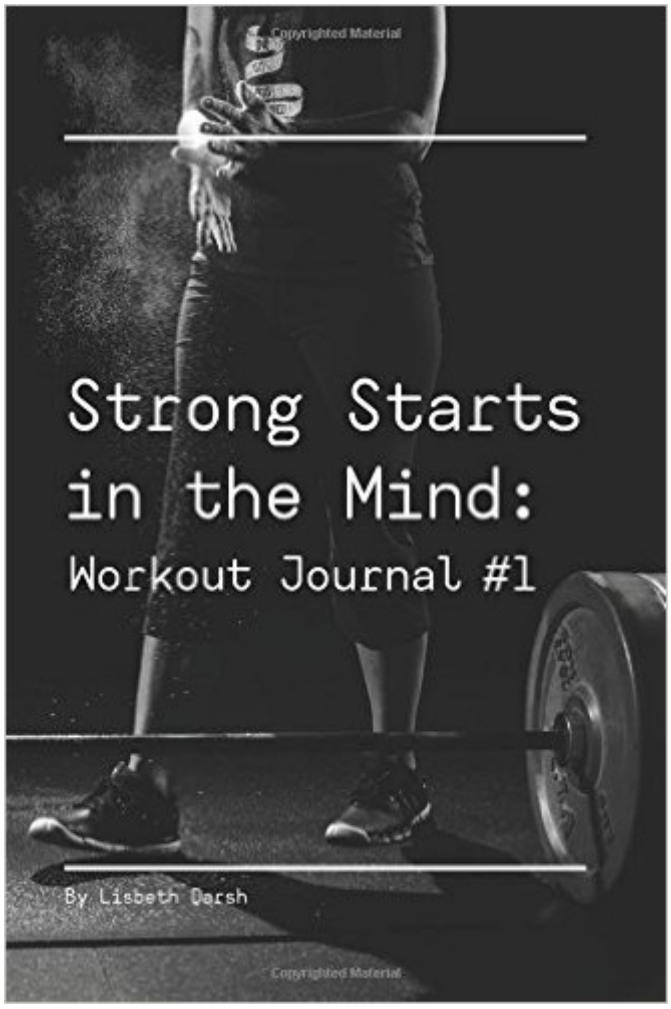
Strong Starts In The Mind: Workout Journal #1



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Synopsis

This book has exactly what you need to track your workouts. 150 workout entry pages, each with a unique motivational thought for the day written by Lisbeth Darsh! Enter your workout, your status, and your bright spot for the day, with bonus pages at the end to list your Personal Records. It also contains 5 inspirational essays, and 10 goal-related pages for you to fill in. Establish your goals, track your progress, have fun, and more!

Book Information

Paperback: 182 pages

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (6 customer reviews)

Best Sellers Rank: #52,077 in Books (See Top 100 in Books) #88 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training

Customer Reviews

I received my journal a few days ago and have started using it already. Getting fit is all inclusive. Body, mind and soul. This definitely helps you keep track of all of it!! I have ZERO excuses not to pay attention to what I do, what I eat and how I feel. This journal was made for me. There’s great motivational blurbs, mental exercises, and it keeps me engaged! I love it so much, and think it’s so beneficial, I bought two more as gifts!Thank you Lisbeth!

Lisbeth always delivers. This workout journal was obviously put together by someone who understands what’s important in a journal. I’ve tried them in the past but so many of them try to cram everything into it. As a result you stop using it because it’s a pain in the a$$. This one is perfect. It captures the important stuff in just a couple of minutes.

Can I give more then 5 stars? Lisbeth is an amazing author. All of her books are encouraging, inspiring, and strait from the heart. Her workout journal is simple to use, but allows you to document your own workouts, feelings, and plans, in ink. You don’t have to share on a white board for the

world to see. I have a 150 day game plan and have been inspired to blog my journey, as I work through her workout journal. If you want to be inspired, buy all of her books. She is a ROCKSTAR.-Live Like That-Strong Starts In The Mind-Rise-The FUNctional Fitness Coloring and Activity Book for Adults (this one is super cool and fun)

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