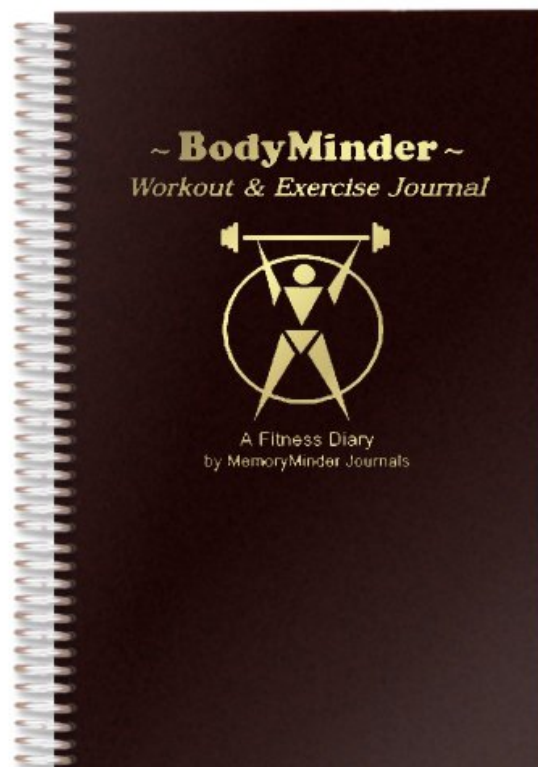
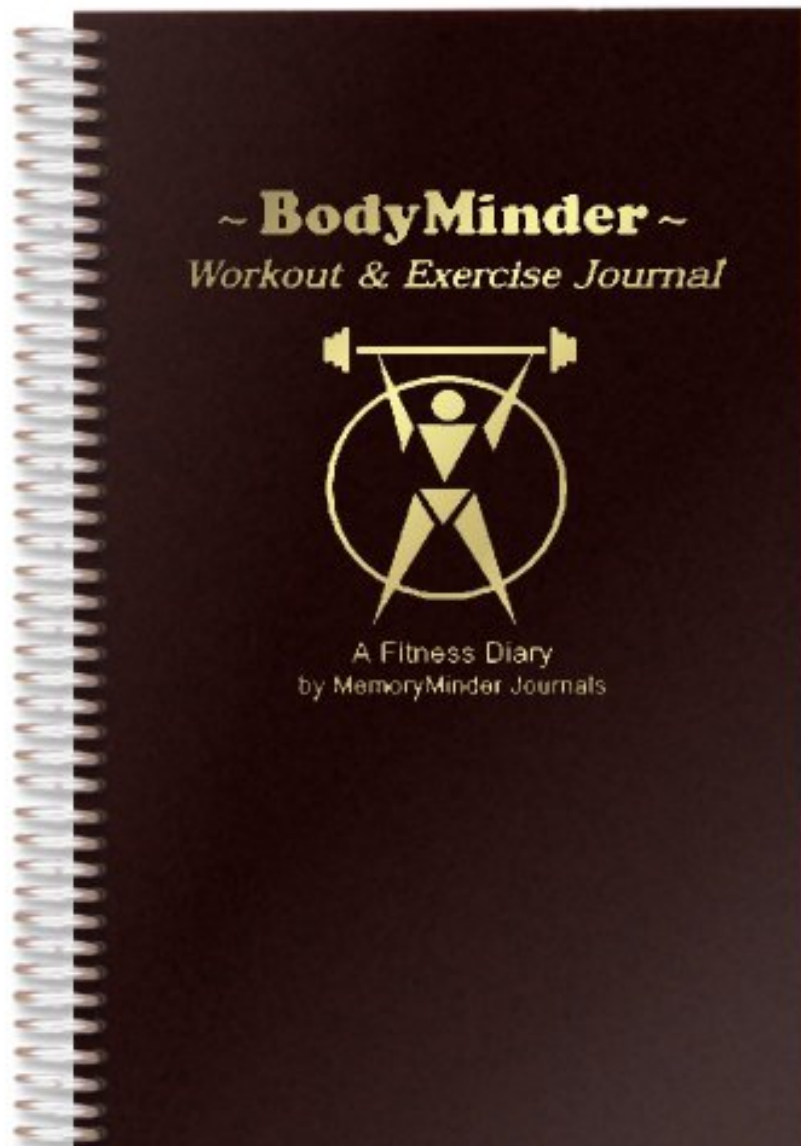


BODYMINDER WORKOUT AND EXERCISE JOURNAL (A FITNESS DIARY) BY F. E. WILKINS



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Review

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The BODYMINDER is the ultimate physical fitness diary. With a focus on workouts, it can also be used to keep track of any and all other exercise.

Each "day" consists of two pages with an organized, easy-to-use layout for recording workout details...from equipment & settings, to reps & sets, to difficulty level, to heart rate, to muscle groups, and more. There is also space for listing the details of other (non-gym) exercise...from walking the dog, to playing a sport, to dancing up a storm! In addition, each day's meals can be recorded as well as any vitamins or supplements taken.

The 224-page book is spiral bound with a durable leatherette cover. There are 91 days' worth of daily records and thirteen Weekly Schedule forms to help you keep on track. Other sections include food counts on over 100 common foods, heart and blood pressure range charts, progress charts, personal game scores, fitness expenses, and more. In the back there is a vinyl pocket for holding photos, notes, cards, etc.

The BODYMINDER is compatible with virtually all popular exercise and fitness plans and can, indeed, be your key to reaching and maintaining your fitness goals.

- Sales Rank: #9085 in Books
- Size: 1
- Brand: Memory Minder Journals
- Published on: 2011-01-01
- Released on: 2007-01-01
- Ingredients: Spiral bound 224 pages leatherette cover 8 1/2 X 6" additional sections for weekly schedules, stats & goals, games & competitions, health club and fitness expenses.
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 6.00" w x .75" l, .80 pounds
- Binding: Diary
- 224 pages

Features

- 1
- Memory Minder Journals

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Most helpful customer reviews

189 of 193 people found the following review helpful.

2006 revised edition improvements

By A Reader

When looking on Amazon, the search inside feature shows an older edition. After purchasing, I found there have been some improvements.

Notably, the dietary section now includes boxes for breakfast-snack-lunch-snack-dinner-snack. This fits nicely for people who are following a diet that requires them to eat 5-6 small meals per day instead of the old standard of 3 meals. To make room for this, the "Other Exercise" section has been shrunk a bit. Instead of having big check boxes for various activities such as gardening and yoga (which was a waste of space to people who didn't use them), there are now 5 blank lines where you can write in your own activities, whatever they may be.

The cardio workout section has also been reformatted. The cross-country skier and jump rope have been removed, but there are three blank lines where people could add those back if they want.

Anyway, I would say that this was already an excellent product, and it is nice to know that it improves with time. Here are some things I like as compared to other workout journals I looked at.

- I like that it is both a workout and food diary AND gives plenty of space for both. It is important to pay attention to both in order to get and stay fit.
- I like that it has a lot of lines for weight training exercises. Some others did not have near enough for my needs.
- Some other journals I've looked at had much smaller spaces for writing in.
- Some journals had pictures on the cover of fitness models. I don't want to carry something into the gym that looks like the cover of a lady's fitness magazine or a men's muscle magazine either. I prefer the conservative fake leather look of this journal.
- The spiral binding allows it to lay flat for easy use.
- I found the brief section of common food counts handy. Best of all, they left space where I could add my own foods.
- The introductory material is helpful but brief. It tells you how to use the log. It doesn't tell you how to work out.
- It has a good weekly planning section at the beginning and goals/progress section at the end.
- The calendar in the back was handy for reference.

I will definitely buy this one again when I have filled in all the days.

124 of 133 people found the following review helpful.

Very nearly the best..

By Tek2000

Now that Weider's Weight Training log is out of print, this may be the best choice. Very usable, but the meal record is only 4/6 there: Breakfast, Lunch, Dinner, Snacks. Most modern programs recommend 5 or 6 evenly spaced smaller meals rather than the out of date 3 wholesome meals a day. Similarly, the Exercise Record is only 4/5 there: room for only 4 sets. Many programs, such as low weight/high rep, require space for 5 sets. A vinyl pouch in the back would also be useful.

Added 2/2005 - they've added a page with 3 vinyl pouches in newer versions!

Added 12/2005 - Weider's new edition is now available on Amazon. But I've grown to like this one slightly better than that one over time. Note, you have to buy 4 of these to cover a year if you work out every day. Weider's is prenumbered for 52 weeks and is best used to fully log a whole year starting in January. They're the same height and width, but the BodyMinder is half as thick. Weider is one page per day with a Daily Planner where you can put meals, BodyMinder is two pages per day with every bell and whistle listed (click surprise me a couple of times in "look inside" and both pages will eventually show up). Both conveniently open to fold flat on ring bindings which will hold your pen, too. You might want to compare the two before buying - they're both very good.

49 of 54 people found the following review helpful.

Best workout log I've used!

By R. Prewett

And I've used plenty...from spiral bound books to computer programs to PDA programs to my own log sheets. This has everything that I need/want and is flexible enough for me to log my gym workouts as well as my other exercise activities, such as martial arts, bicycling, etc.

For those who are doing the Body for Life program, this workout log would be an excellent choice. I found when I was doing Body for Life that not all logs were set up in a way that worked well for that program. This one does.

The features are great, but the log isn't loaded down with fluff or unnecessary stuff.

Finally---the workout log I've been searching for!

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