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you're finished. Most fitness planners are exclusively for diet and exercise, completely neglecting the emotional component of weight loss. The 12 Week Intermittent Fasting Fitness Planner has everything you need to consistently and accurately track your actions, thought process, and results so you can take your intermittent fasting weight loss game to the next level. So what are you waiting for? Grab your copy of the 12 Week Intermittent Fasting Planner today! **Fast Feast Repeat**

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