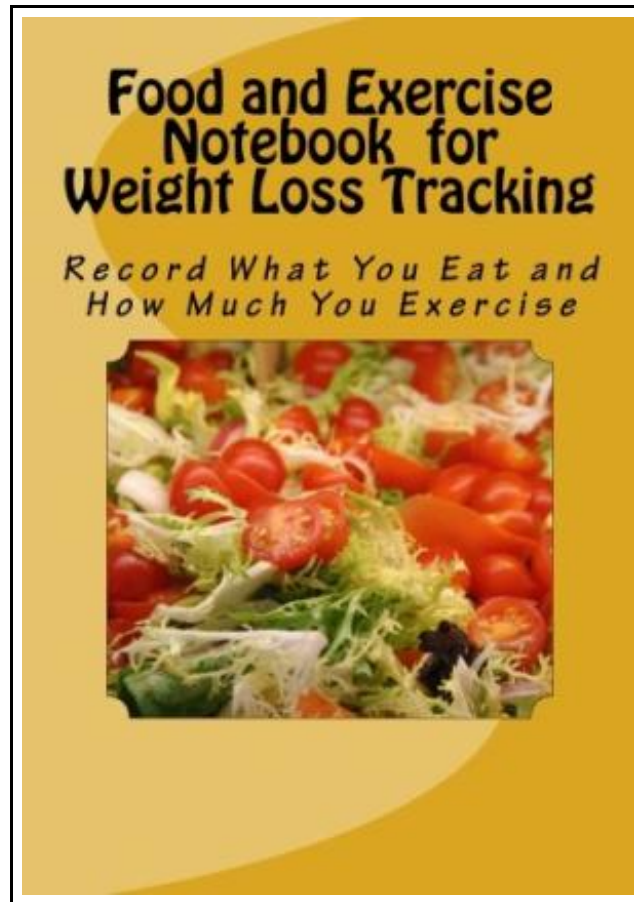# Food and Exercise Notebook for Weight Loss Tracking: Record What You Eat and How Much You Exercise

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