

Courage to Change

Captain's Log Accountability Journal

the CTC "Lose 30 pounds in 12 weeks" nutrition & exercise reference guide!



Brian Wellbrock

Courage To Change Captains Log Accountability Journal

Eric Caren



Courage To Change Captains Log Accountability Journal:

Courage to Change-Captain's Log Accountability Journal Brian Wellbrock,2010-02 It s time for you to become the captain of your life and your health With confidence and eagerness you can become your best physically mentally and spiritually Being healthy is a powerful way to become the captain God designed you to be The Courage to Change Captain s Log gives you a workable strategy to reach and surpass your health and fitness goals This nutrition and exercise manual s 12 week daily accountability log is the last program you ll ever need Lose 20 pounds in 8 weeks 30 pounds in 12 weeks and keep it off for the rest of your life Start this journey with God and watch him give you Courage to Change The Courage to Change health and wellness program keeps you motivated with journaling that builds your personal relationship with God Includes Testimonials Basic nutrition and meal planning how much how often Leslie 25 pounds in 10 weeks Cardiovascular exercise how much how often what kind Jim 100 pounds in 24 weeks Heart rate during exercise how high why how to check it Pat 20 pounds in 7 weeks How to coordinate eating with exercise Mike 60 pounds in 16 weeks Do s and don ts to optimize your results Sandi 30 pounds in 12 weeks Why calorie breakdown during exercise is important Connie 70 pounds in 23 weeks How to avoid the infamous plateau Many more have done it Learn the power of visualization Many more will How to AVOID being sucked in by advertising and marketing Will you find How to get beyond common myths Courage to Change Captain s Log Teaches you how to view and treat yourself as the healthy image of God **Courage to Change Life Application Journal**

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and Register ,1924 **New England Journal of Education** Thomas Williams Bicknell,Albert Edward Winship,Anson
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