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## Up Your Game - Athletic Tracking Journal (Paperback)

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By Lauren Denos

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This journal was created specifically for athletes and aspiring athletes who are wanting to track their progress and see where they can make changes to up their game. You can chart whatever athletic training you would like in this journal. Marathons, Triathlons, adventure racing etc. There is a weekly check in page, this is to see what your new goals for the week are and also to see how you are doing and how you can improve your game. There are multiple slots to track your sport at the end of each week, so if you happen to be someone practicing multiple sports you can keep track of them all. You can track your meals before and after your workout so that you can see if they are giving the best advantage possible. There is an area to track your heart rate which is abbreviated to HR and there is a space for RPE or Rate of perceived exertion. This is to rank your workout intensity on a level of 1-10. This will help you to see how...



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