



Take Back Your Temple Healthy Habits Journal

Kimberly Y Taylor

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Take Back Your Temple Healthy Habits Journal Kimberly Y Taylor

Your daily actions create your results in life. So writing down your daily health habits will give you the insight you need to change them for the better. This journal provides inspirational scriptures and plenty of space to record your successes and lessons learned to help you reach your weight loss goal faster than ever before!

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