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Covert Bailey Body Fat Percentage. The formulas that this body fat calculation are based on are in the Covert Bailey book The Ultimate Fit or Fat.

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The fit-or-fat target diet (book, 1984)

Genre/Form: Popular Works: Additional Physical Format: Online version: Bailey, Covert. Fit-or-fat target diet. Boston : Houghton Mifflin, 1984 (OCOLC)762647054

Fit-or-fat target recipes (book, 1985)

Fit-or-fat target recipes. [Covert Bailey; org/oclc/19756416> # Fit-or-fat target recipes data/2564819869#Topic/low_fat_diet> # Low-fat diet

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