



Biggest Loser Task Log - Exercise



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Walked at least 6000 steps every day							
Wore a pedometer all week							
Weight trained at least three times							
15 minutes of core exercises at least 4 times							
Stairs instead of elevators all the time							
Parked far away from destination whenever possible.							
Tried an exercise class/DVD							
Stretched for at least 10 minutes every day							