



Biggest Loser Task Log - Stress Reduction for a Healthy Weight



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practiced deep breathing [10 deep breathes] at least twice each day							
Enjoyed some "ME" time for at least 15 mins/day							
Wrote down at least 5 wellness goals for 2012							
Drank a cup of chamomille tea							
De-clutter workspace or a room in your house							
Sweated out tension by exercising for at least 30 mins/day							
Gentle stretching to ease tension for 10 mins/day							
Read a relaxing book before sleep							