



Biggest Loser Task Log - Better Sleep for a Healthy Weight



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Practiced deep breathing before sleep [10 deep breaths, twice]							
Avoided caffeine after 3pm							
Relaxed before bed [read book, write TO DO list for next day]							
Placed my alarm clock away from my bed [or covered it so not to look at it]							
Turned off TV/computer at least 1 hour before sleep							
Took a relaxing bath/shower before bed							
Wrote down what I am thankful for before sleep							
Chose night-time foods to eat [banana, cereal, toast, chamomille tea]							