

BLUE ZONES LIFE

WEEK 1

7 Rules

1. True Vitality Test
2. True Happiness Test
3. Purpose Checkup and Purpose Statement
4. Four Always, Four to Avoid
5. Work up to 10k Steps a Day
6. Track Your Progress
7. Do 1 New Blue Zones Activity Per Day

Week 1 Activities

TOP 3 MUST DO TASKS THIS WEEK

- Don't eat in front of a screen!
- Eat 5 Blue Zones meals this week.
- Start the practice of hara hachi bu (stop eating when you are 80% full).
- Weigh yourself every day.
- Print longevity food list and tape to your refrigerator.
- Print food guidelines and tape to your refrigerator.
- Floss your teeth. Get in this habit! Do it everyday.
- Drink a glass of water when you wake up in the morning.
- Take a 30 minute nap in the afternoon.
- Set a bed time alarm.
- If you are hungry, drink a whole glass of water slowly.
- Spend at least 1 hour outside in nature (a city park counts).
- Set the temperature in your bedroom to 65 degrees F at night.
- Fast for 12-14 hours.

3 Big Wins This Week:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Lessons Learned:

Gratitude List:

Notes:

"The cornerstone of every longevity diet in the world is about a cup of beans per day. If you feel the need to buy a longevity supplement, buy beans. —Dan Buettner



BLUE ZONES™