

BLUE ZONES LIFE

WEEK 2

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 2 Activities

TOP 3 MUST DO TASKS THIS WEEK

- Put your running shoes or bike out where you can see them
- Spend 15 minutes outside a day (30 minutes is better!)
- Eat at least 5 Blue Zones meals / recipes this week
- Stand up and stretch every hour
- Before you check social media, do two push-ups
- Before you check your email, stand up and do some stretches
- Suggest a walking meeting at work
- Put some cushions on the floor and sit there instead of the couch
- Limit your workweek to 40 hours
- Get some sun, about 15 minutes per day
- Discover an herbal tea you love
- Eat a light, early dinner
- Snack on nuts
- Park as far away as you can from the door

3 Big Wins This Week:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Lessons Learned:

Gratitude List:

Notes:

Walking is proven to stave off cognitive decline — it works.
—Dan Buettner