

BLUE ZONES LIFE

MONTH 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

3 Big Wins This Month:

Gratitude List:

Notes:

✓ **FOUR ALWAYS**



100% whole grains:

Brown rice, farro, quinoa, bulgar, oatmeal, cornmeal.



Nuts:

A handful a day.



Beans:

A cup of beans per day.



Fruit & vegetables:

5-10 servings per day.

✗ **FOUR TO AVOID**



Sugar-sweetened beverages:

Empty calories.



Salty snacks:

Too much salt and preservatives.



Packaged Sweets:

Cookies, candies, donuts, and processed sweets.



Processed meats:

Linked to cancer and heart disease.

Blue Zones Activities

- Cancel cable.
- Adopt a dog.
- Explore a new religious or spiritual tradition if you're not part of a faith-based community.
- Hang light blocking window shades in the bedroom.
- Continue the practice of hara hachi bu (stop eating when you are 80% full).
- Put some indoor plants in your home.
- Anxious, stressed, depressed? Seek treatment with a psychologist or other mental health professional, even a telemedicine provider.
- Enroll in Automatic Savings or Investment Plans.
- Make Sunday a Meal-plan, Meal-prep, and Meal-making day.
- Continue to attend your groups (church, school club, local group).
- Continue to walk at least once weekly with your group or walking buddy.

“If your goal is greater health and happiness, the most important thing you can do is to curate a social network of healthy, happy friends who care about you.”

-Dan Buettner