

BLUE ZONES LIFE

MONTH 3

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

- Start a garden or adopt a plot at a community garden.
- Designate a space in your home for quiet time, meditation, or prayer.
- Set temperature in your bedroom to 65 degrees F at night.
- Continue the practice of hara hachi bu (stop eating when you are 80% full).
- Explore a new religious or spiritual tradition if you're not part of a faith-based community.
- Put a lavender plant next to your bed.
- Put a post-it on your mirror with the default purpose: GROW & GIVE.
- Set a bedtime alarm so you go to sleep at a reasonable hour every night.
- Continue to attend your groups (church, school club, local group).
- Continue to walk at least once weekly with your group or walking buddy.

“Eat your vegetables, have a positive outlook, be kind to people, and smile.”
 -Dan Buettner, *The Blue Zones: 9 Lessons for Living Longer From the People Who've Lived the Longest*