

BLUE ZONES LIFE

MONTH 4

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

- Fast for 12-24 hours.
- Spend at least 1 hour outside in nature (a city park counts).
- If you are hungry, drink a whole glass of water slowly.
- Floss your teeth daily.
- Continue to attend your groups.
- Continue the practice of hara hachi bu.
- Declutter your house.
- Try a new recipe each week that includes an ingredient you've not cooked with before.
- Continue to walk at least once weekly with your group or walking buddy.

“The people you surround yourself with influence your behaviors, so choose friends who have healthy habits.”

-Dan Buettner