

BLUE ZONES LIFE

MONTH 5

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

- Continue to walk at least once weekly with your group or walking buddy.
- Continue to attend your groups.
- Continue the practice of hara hachi bu.
- Host a Blue Zones Potluck once this month.
- Try a new Blue Zones recipe once a week.
- Take a 30-minute nap in the afternoon.
- Eat a light, early dinner.
- Refill your countertop fruit bowl with seasonal fruits you love.

“True happiness involves the pursuit of worthy goals; without dreams, without risks, only a trivial semblance of living can be achieved.”

-Dan Buettner