

BLUE ZONES LIFE

WEEK 1

7 Rules

1. True Vitality Test
2. True Happiness Test
3. Purpose Checkup and Purpose Statement
4. Four Always, Four to Avoid
5. Join or Create a Walking Group or Find a Walking Buddy
6. Track Your Progress
7. Do 1 New Blue Zones Activity Per Day

Week 1 Activities

TOP 4 MUST DO TASKS THIS WEEK

- Don't eat in front of a screen!
 - Eat 5 Blue Zones meals this week.
 - Start the practice of hara hachi bu (stop eating when you are 80% full).
 - Walk with your group or buddy at least once.
- Place scale in your bathroom. Weigh yourself every day.
 - Floss your teeth. Get in this habit! Do it every day.
 - Print and hang up Blue Zones food guidelines on your refrigerator.
 - Print and hang up Longevity Food List and hang on your refrigerator.
 - Take a 30-minute nap in the afternoon.
 - Set a bedtime alarm.
 - Spend at least 1 hour outside in nature (a city park counts).
 - Set the temperature in your bedroom to 65 degrees F at night.
 - Fast for 12-14 hours.

3 Big Wins This Week:

Lessons Learned:

Gratitude List:

Notes:

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

“The cornerstone of every longevity diet in the world is about a cup of beans per day. If you feel the need to buy a longevity supplement, buy beans.” -Dan Buettner