

BLUE ZONES LIFE

MONTH 10

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 attend your groups (church, school club, local group).
- Continue to walk at least once weekly with your group or walking buddy.
- Continue the practice of hara hachi bu (stop eating when you are 80% full).
- Set a reminder or leave a note stuck to your fridge door to drink water throughout the day.
- Take a 30-minute nap in the afternoon.
- Put your bike helmet or walking shoes by the door as a constant reminder for you to get up and get moving.

“Your environment is the biggest, most important, and most impactful thing you can change to favor your health and happiness.”

-Dan Buettner