BLUE ZONES™

BLUE ZONES LIFE
MONTH 11

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).
- ☐ Create a gratitude list to fill out at the beginning of each week.
- ☐ Turn off your devices (cell phone, tablet, computer, television) at least one hour before you go to bed.
- ☐ Make one new Blue Zones recipe this month.
- ☐ Get some sun, at least 15 minutes per day.

"No one thing explains longevity in the blue zones. It's really an interconnected web of factors—including what we eat, our social network, daily rituals, environment, and sense of purpose—that propels us forward and gives life meaning."

-Dan Buettner