

# BLUE ZONES LIFE

## MONTH 7

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

- Review and/or update your Purpose Statement.
- Continue to attend your groups (church, school club, local group).
- Continue to walk at least once weekly with your group or walking buddy.
- Try meditation, yoga, or tai-chi.
- Create a bedtime routine and stick to it.
- Spend at least 1 hour outside in nature.
- Volunteer for a cause about which you care deeply.

“I found that when you are depressed, that’s when you do something for somebody else.”  
**-Dan Buettner , The Blue Zones: 9 Lessons for Living Longer From the People Who’ve Lived the Longest**