

BLUE ZONES LIFE

MONTH 9

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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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).
- Call, text, or email one friend or family member you haven't connected with recently.
- Write a thank-you note to a coworker, friend, family member, or neighbor.
- Host a Blue Zones Potluck once this month.
- Take the Purpose Checkup at bluezones.com.

“Purpose and love are essential ingredients in all Blue Zone recipes for longevity.”
 -Dan Buettner, *The Blue Zones: 9 Lessons for Living Longer From the People Who've Lived the Longest*