

MY BLUE ZONE DAY

MY PERSONAL PASSION:

I will give my full attention to one thing that I love doing — before I begin my day!

MY PERSONAL MOVEMENT::

I will find a way to enjoy moving my body — this morning, this afternoon, and this evening!

MY PERSONAL EATING:

I will find a way to enjoy eating fresh local food — throughout my day!

MY PERSONAL FRIENDS:

I will find ways to move, eat food, and do what I love — with other people today!