



BLUE ZONES™

challenge



Name: _____

Week: _____

	DAILY GOAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
do more!	Servings of Fruits & Veggies Ideal: 5 - 9/day								
	Periods of Physical Activity <i>(List your activities)</i> 1 Period = 15 min. Ideal: ≥ 4 Periods/day	 _____							
do less!	Servings of Sweetened Beverages Ideal: ≤ 6 oz./day								
	Periods of TV Watching 1 Period = 30 min. Ideal: ≤ 2 Periods/day								
How did I do?	(circle one)								
	I can do better!								
	I'm making a good start!								
	I'm doing pretty well!								
Great! I'm living in my Blue Zones!									



Here's how it works:

- List your daily goals (all weeks except Pre-Challenge Week). Each week, challenge yourself to be closer to the ideal.
- Each day, circle your activities in the chart.
- At the end of each day, take a minute to think about how you did.
- At the end of the week, add everything up and enter your total at: www.bluezones.com/challenge

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