



Erasmus+

ROUTINE FOR HEALTHY LIFE

2021-1-IT02-KA210-ADU-000034004

The Diary of a Healthy Routine



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THE DIARY OF A HEALTHY ROUTINE

This tool has been created in October 2022, in the frame of the Erasmus+ project “Routine for Healthy Life”, co-funded by the European Union and coordinated by Travelogue Associazione di promozione sociale.

It has been created and implemented during the blended mobility of adult learners, involving adult and senior learners from all the partner organisations of the project.

In this document you will find the methodological sheet of the learning activity, with the definition of the learning objectives, duration, tools and materials needed, step-by-step activities and suggestions for the facilitators.

You will also find here the template used for the creation of the Diary and some suggestions collected by the learners and professionals involved in the learning activities implemented in Italy.

Partner organisations:

- **Travelogue Associazione di Promozione Sociale – Marsciano, Italy**
- **Asociacion Iniciativa Internacional Joven – Málaga, Spain**
- **GLAFKA s.r.o. – Prague, Czech Republic**
- **Center for the Promotion of European Cooperation and Integration - Europerativa – Volos, Greece**

A collaborative work of:



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1. Methodological sheet

Title:	THE DIARY OF A HEALTHY ROUTINE
Purpose:	To adapt the current habits for a healthier lifestyle, for overcoming stress and crisis, in order to preserve one's own health and well-being.
Learning objectives:	<ul style="list-style-type: none"> • To define the current habits and evaluate current habits and lifestyle; • To adapt the current lifestyle to preserve one's own health and well-being; • To identifying forward-looking goals to motivate themselves; • To develop resilience and confidence to cope with stress and uncertainty.
Size and characteristics of the group:	<p>Adult learners 18-65+ from different countries and backgrounds.</p> <p>The activity can be carried out with one group or dividing the participants in two or groups with at least 3 participants each.</p> <p>In this case, each group will make a reflection of different topics</p> <p>The groups can be created according to the priority topics selected by the participants; the participants from different countries can be mixed, in order to share different habits.</p>
Methodology, step-by-step development:	<p>The facilitator explains the activity, the template of the Diary and the selected topics of the healthy life:</p> <ul style="list-style-type: none"> • Healthy nutrition • Physical activity/Sports • Psychological well-being • Education • Job/Volunteering • Hobbies/Leisure time. <p>Each participant receives one Diary (printed in A3 format) and 6 post-it notes, possibly in different colours.</p> <p>Each participant has to write the 6 selected topics on the different post-it notes and to stick them on the Diary according to the priority and importance that they have in their life at the moment.</p> <p>The participants are then divided in 2 (or more) groups and they will have to brainstorm regarding their current habits and suggestions to improve their lifestyle and well-being. They can write the ideas and information gathered on a large poster.</p> <p>Each group will then share their poster with the other groups, also collecting more ideas and suggestions for improvement.</p> <p>Then the participants will fill in their diary individually.</p> <p>For each topic, they will have to write on the post-it notes their:</p>





	<ul style="list-style-type: none"> • Current habits • Short-term goals • Long-term goals. <p>They can also write what motivates them or things to remember.</p>
<i>Duration:</i>	<p>Total duration: 2-3 hours.</p> <ul style="list-style-type: none"> • 30 minutes for the presentation of the activity and the definition of personal priorities • 1 hour for brainstorming and group discussion • 30 minutes for confrontation among the different groups • 30 minutes/1 hour for filling individually the diaries
<i>Environment and context, tools and materials:</i>	<ul style="list-style-type: none"> • Room equipped with tables and chairs for all participants. • Printed template “My diary of a healthy routine” in A3 (one for each participant); • Large papers for group activity and brainstorming • Post-it notes, different colours (6 for each person) • Pens, markers • Laptop/projector for PowerPoint presentation (optional).
<i>Supporting documentation:</i>	<p>Template “My diary of a healthy routine” (provided in PDF – see the following section).</p> <p>PowerPoint presentation for explaining the structure and how to fill in the diary (optional).</p>
<i>Tips and suggestions for the implementation:</i>	<p>To avoid language barriers, the groups can be made without dividing the participants from the same country.</p> <p>The activity can be developed also in a digital way, using the “Padlet” platform, where the learners should be able to write and update their posts.</p> <p>Open the Padlet</p>





2. Supporting documentation

Template: My diary of a healthy routine

My diary of a healthy routine

What I do, what I like, what I can improve, my motivations, my goals.



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3. Suggestions collected during the mobility

HOBBIES/LEISURE TIME

Suggestions and possible short-term and long-term goals: trying new activities, which can be important also for the psychological well-being, taking care of pets, sharing one's own interests and hobbies with other people/friends, being active in the Facebook group of the project.

HEALTHY NUTRITION

Suggestions and possible short-term goals: avoiding fast food and junk food, avoiding sweet and carbonated drinks, reducing sweets, eating more vegetables and legumes, drink at least 1,5-2 liters of water every day.

Possible long-term goals: cooking every day at home, following the Mediterranean diet.

PSYCHOLOGICAL WELL-BEING

Suggestions and possible short-term or long-term goals: ritual coffee, hang out with friends, smiling more, lipstick every morning, balancing working and leisure time, sleep 8 hours per day, prepare new plans, being forward-looking, ask for professional psychological support (when needed), doing volunteering/solidarity activity for supporting lonely, elderly people or people with special needs.

EDUCATION

Suggestions and possible short-term or long-term goals: being open-minded, discover different cultures, doing volunteering activities, attend training courses, meeting new people, participating in Erasmus+ projects.

JOB/VOLUNTEERING

Suggestions and possible short-term or long-term goals: separate and balance working and leisure time, search for career guidance, prepare or improve CV and cover letter, doing volunteering experiences, preparing a financial plan.

PHYSICAL ACTIVITY/SPORTS

Adults should do at least 150-300 minutes of moderate-intensity aerobic physical activity; or at least 75-150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate and vigorous-intensity activity throughout the week, for substantial health benefits (WHO guidelines on physical activity and sedentary behaviour).

Suggestions and possible short-term goals: exercise 10 minutes every day, walking more, dancing, practicing Nordic walking, riding bicycle to work, practicing sport activities in group.





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