



Erasmus+

ROUTINE FOR HEALTHY LIFE

2021-1-IT02-KA210-ADU-000034004

The Healthy Routine Planner



Co-funded by
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THE HEALTHY ROUTINE PLANNER

This tool has been created in May 2023, 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 workshops with adult learners carried out by all the partner organisations of the project in each country.

In this document you will find the methodological sheet of the workshop, 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 Routine Planner and some suggestions collected by the learners and professionals involved in the workshops implemented in each country of the partnership.

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. Creating a healthy routine

Why is creating a routine important?

Creating and maintaining a solid routine especially in the most difficult and stressful moments can be very useful **to regain control of your life**.

In fact, by creating and **consolidating a daily or weekly routine** you will regain that **feeling of “control”** that will contribute to lower your stress.

What benefits can we get from it?

- Having a daily routine will help you to be more productive and focused on what you're doing.
- Following a daily routine will help keep your life stable, especially your health.
- Getting to the end of the day and seeing that you've completed your routine will greatly increase your happiness level.
- And many more...

How to create a daily routine

- Establish all your habits
- Establish the timing and order of each habit in your day and week
- Set time for any breaks
- Consider possible setbacks
- Write down your routine
- Try the routine
- Modify the routine (if necessary)
- Retry the routine & gather ideas for improvements...

Some suggestions

- Reflect about any **bad habit** that you want or need to eliminate.
- If you're feeling too stressed or overwhelmed, then it's time **to take a break**.
- **Flexibility**: you can decide to eliminate some activities on the day when you have a certain commitment.
- **Practice the routine** and give yourself self-feedback on how you are feeling both physically and mentally.





2. Methodological sheet

Title:	THE HEALTHY ROUTINE PLANNER
Purpose:	To plan a weekly routine with good habits and suggestions 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 and evaluate current habits and lifestyle; • To adapt the current lifestyle to preserve one's own health and well-being; • To identifying and pursue forward-looking goals to motivate themselves.
Size and characteristics of the group:	<p>The tool has been created for adult learners 18-65+, but it can be adapted for other target groups.</p> <p>The activity can be carried out with one group or dividing the participants in two or more groups with at least 3 participants each.</p>
Methodology, step-by-step development:	<p>The facilitator explains the activity, the template of the Healthy Routine Planner and the selected topics for a healthy life:</p> <ul style="list-style-type: none"> • Nutrition • Physical activity • Psychological well-being • Education • Hobbies/Leisure time • Work/Volunteering. <p>At the beginning we can start the workshop explaining Each participant receives one Planner (printed in A3 format), some sheets for notes and pens/markers.</p> <p>The participants, divided in 2 (or more) groups, will have to brainstorm regarding their current habits and suggestions to improve their lifestyle and well-being. They will write down their individual weekly routine and discuss about it with the other participants. Each group will share their planners with the other groups, also collecting some suggestions for improvement.</p> <p>The facilitator will support the learners by giving them some suggestions and inviting them to include activities for each topic. The facilitator can write the ideas and information gathered on a poster.</p> <p>Evaluation: Reflection among participants</p> <ul style="list-style-type: none"> • Is there any bad habit that you want or need to eliminate? • What are your motivations and long-term goals that you want to achieve?





Duration:	<p>Total duration: 2 hours.</p> <ul style="list-style-type: none"> • 30 minutes for the presentation of the activity • 1 hour for brainstorming, group discussion and filling the planners • 30 minutes for confrontation among the different groups and evaluation
Environment and context, tools and materials:	<ul style="list-style-type: none"> • Room equipped with tables and chairs for all participants. • Printed template “My healthy routine planner” in A3 (one for each participant); • Papers for group discussion and brainstorming • Pens, markers • Laptop/projector for PowerPoint presentation (optional).
Supporting documentation:	<p>Template “My healthy routine planner” (provided in PDF – see the following section).</p> <p>PowerPoint presentation for explaining the structure and how to fill in the routine planner (optional).</p>
Tips and suggestions for the implementation:	<p>The activity can be developed also in a digital way, using the “Padlet” platform or providing the template in a digital document, where the learners can write and update their routines.</p>





3. Supporting documentation

Template: My healthy routine planner

P.1

My healthy routine planner

My weekly plan of healthy activities for overall wellbeing.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Don't forget / notes / shopping list

My long-term goals

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P.2

My healthy routine planner

My weekly plan of healthy activities for overall wellbeing.

Nutrition

TIPS: avoid fast food, sweets and carbonated drinks, eat more vegetables and fruits, drink at least 1.5-2 lt of water daily

Physical activity

TIPS: 150-300 mins of moderate-intensity aerobic physical activity, 75-150 mins of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity activity throughout the week

Psychological well-being

TIPS: ritual coffee, hang out with friends, smiling more, balancing working and leisure time, sleep 8 hours per day, be forward-looking, ask for professional support

Education

TIPS: be open-minded, discover different cultures, attend training courses, participating in Erasmus+ projects

Hobbies

TIPS: try new things, take care of pets, sharing your interests and hobbies with others around you

Work / Volunteering

TIPS: separate working and leisure time, look for career guidance, prepare and improve your CV and cover letter, volunteer, prepare a financial plan

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4. Suggestions collected during the workshops

HOBBIES/LEISURE TIME

- Try new activities and experiment with your interests
- Taking care of pets can be relaxing and relieves stress
- Share your passion for hobbies, it's more fun with other people

HEALTHY NUTRITION

- Avoid fast food, junk food, sweets and soft drinks
- Prefer seasonal products
- Give up smoking and reduce caffeine intake
- Eating more vegetables and legumes is key
- Drink at least 2 liters of water every day
- Prefer preparing meals at home than eating outside
- The Mediterranean diet is a very effective and healthy diet

PSYCHOLOGICAL WELL-BEING

- Ritual coffee drinking and newspaper reading
- Balance working and free time
- Sleep at least 7 hours per day
- Make new plans by being forward-looking
- Do not hesitate to ask for professional psychological support
- Solidarity activities bring out the best in us

EDUCATION

- Be open-minded and be curious about new ideas
- If you fail your planning, don't give up on it, just try again
- Set realistic goals
- Travel and discover different cultures
- Attend training courses (online or physical)
- Take part in Erasmus+ projects, they can take you further

JOB/VOLUNTEERING

- Search for career guidance and advice
- Prepare or improve your CV
- Send your cover letter to friends for feedback
- Volunteering in your field of interest can be vital
- Prepare a business plan to clarify your aims and needs
- Failure is part of the process, learn from your experiences
- Know your rights and demand and defend them





PHYSICAL ACTIVITY/SPORTS

- Exercise 20 minutes every day
- Prefer to walk that take your car when possible
- Dancing is both fun and aerobic exercise
- Ride your bicycle to work instead of your car when the weather is good
- Group sports activities is both fun and provides social opportunities





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