My healthy routine planner

My weekly plan of healthy activities for overall wellbeing.

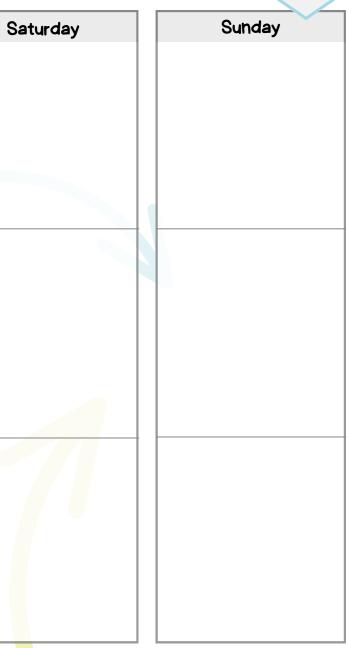
	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning						
Afternoon						
Evening						
Don't forget / notes / shopping list						My lor

ERASMUS+ ROUTINE FOR HEALTHY LIFE (2021-1-IT02-KA210-ADU-000034004)



Co-funded by the European Union





ng-term goals

My healthy routine planner

My weekly plan of healthy activities for overall wellbeing.



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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

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