

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

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

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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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