

THE CHALLENGE TO A HEALTHY LIFE

ERASMUS+ PROJECT 2021-1-RO01-KA210-SCH-000024460



Finanțat de
Uniunea Europeană

WHAT CAN I DO ON THE PLATFORM?

MY ACCOUNT ON CHL.CNLR.RO

Includes:

- Personal data (birth date, weight, height) –are visible **just for you**.
- Your name and school are visible to **project participants** (those with login credentials on the platform).
- Daily average of steps score for eating habits, trophies obtained - visible to **project participants** (those with login credentials on the platform).

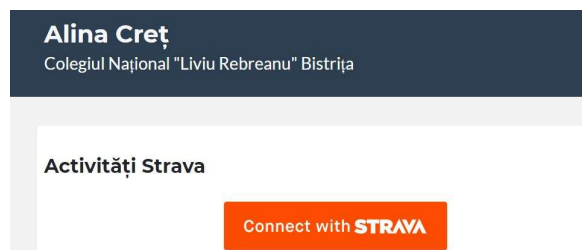
DAILY REPORT

1. Number of steps,
2. Eating habits
 - Liquids
 - Healthy plate
 - Fruits and vegetables
 - Sweets
 - Fast &Junk Food
 - Juices

CONNECT MY ACCOUNT

WITH STRAVA

1. Create an account on Strava (strava.com)
2. On chl.cnlr.ro, on the profile page, press the button „Connect with Strava” and follow the instructions.



3. Record with Strava the physical activities you do.

ACCEPT CHALLENGES

1. On chl.cnlr.ro, in the menu, find the “challenge” section
2. Choose one, two, or all available challenges
3. Press the “participate in the challenge” button



Register steps with:

- Phone (pedometer application; example: Samsung Health, Google Fit),
- Other digital devices, such as a fitness bracelet or smartwatch (with or without GPS).

Daily average steps:

- Calculated/recalculated daily
- It will be taken the value "0" for that day if you do not report in a day, when calculating the average
- It provides you with one of the digital badges.

The meaning of badges:

Under 4999 steps/day



Reach an average of 5000 steps/day



Reach an average of 7500 steps/day



Reach an average of 10.000 steps/day



Reach an average of 12500 steps/day



Reach an average of 20000 steps/day



NUMBER OF STEPS

HYDRATION

WHO recommendation is to consume 2-2,5 l/day of liquid each of us.

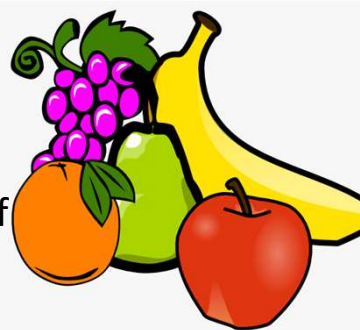
The water necessity depends on weight, age, height (ex. Children between 9-13 years: 1,9 l/day) season and the level of physical activity performed by each person.

The food we eat gives us some of the water we need (about 20%).



FRUITS AND VEGETABLES

WHO recommend consuming 5 portions of fruits and vegetables daily, each one of us.

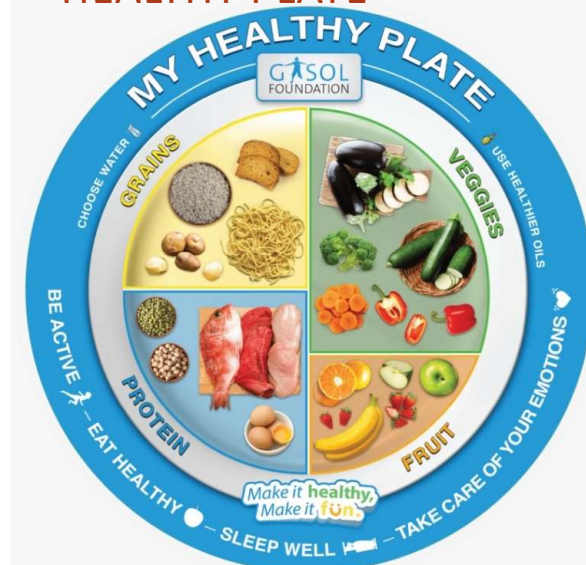


A portion means:

- medium-sized fruit
- a handful of grapes, blueberries, blackberries, etc.
- a medium-sized carrot
- vegetables the size of a fist



HEALTHY PLATE



A healthy plate is a visual representation of an equilibrated diet: $\frac{1}{2}$ fruits and vegetables, $\frac{1}{4}$ protein, $\frac{1}{4}$ carbohydrates (potatoes and cereal products, preferably wheat and other whole grains)

EATING HABITS#1

SWEETS



Part of this category are:

- Chocolate,
- Cakes of any kind,
- Biscuits,
- Candy (including those offered by our principle),
- Sweet pastries.

The recommendation, for a Mediterranean lifestyle, is to consume sweets rare, preferably once a week.

I know. 😞



FAST & JUNK FOOD

In this category take part fast food preparation, high in calories and with low or no nutritional value, as well as chips, popcorn, and other similar products.



SWEETENED BEVERAGES

Sweetened beverages are considered unhealthy. In this category go carbonated beverages, non-carbonated beverages, bottled teas, and coffee.



EATING HABITS#2

Apă suficientă - cel puțin 2 litri
 da nu

Farfurie sănătoasă
 da nu

Suficiente fructe - cel puțin 5 porții
 da nu

Dulciuri?
 da nu

Ai băut sucuri carbogazoase?
 da nu

Fast-food?
 da nu

[Adaugă raport](#)

You receive 3 points ex officio.

Each answer "yes" to the first 3 questions brings you a point.

Each "yes" answer to the last 3 questions will deduct one point.

Like this you can get 6 points daily if: drink enough water, have at least one equilibrate plate, eat 5 portions of fruits or vegetables, preferably fresh, do not eat sweets, fast&junk food, and do not drink bottled beverages.

Depending on the average daily score, which is displayed on your profile, you receive one of the badges below:



0-2,99 points



3-3,99 points



4-6 points

HOW TO CALCULATE THE SCORE FOR EATING HABITS?