

Zoom Riunione

Stai visualizzando lo schermo di SILVIU TITUS CANDALE

Visualizza opzioni

Sergio Zappone SILVIU TITUS CANDALE Rosario Mandaglio Esra ER Edita Mihalková Alina Cret

00:36:12

https://docs.google.com/presentation/d/1CTVXN3202zeB0QFYKCD54AJJueL\_O4Vp0Tz9F7Vyo/edit#slide=id.g12525831fae\_0\_169

Final score

<https://www.menti.com/1ztqrbi92r>

Final score has 3 sections:

- A. eating habits
- B. workouts
- C. steps

The weight of each section could be:

A -40%	A -30%	A -33,3%
B -30%	B -30%	B -33,3%
C -30%	C -40%	C -33,3%
Ro, Tr	NM	It, sl

Attiva l'audio Disattiva video

Partecipanti Chat Condividi schermo Registra Reazioni

Esdi

19:41 04/05/2022

Zoom Riunione

Stai visualizzando lo schermo di SILVIU TITUS CANDALE

Visualizza opzioni

Sergio Zappone SILVIU TITUS CANDALE Rosario Mandaglio Esra ER Edita Mihalková Alina Cret

00:36:35

https://docs.google.com/presentation/d/1CTVXN3202zeB0QFYKCD54AJJueL\_O4Vp0Tz9F7Vyo/edit#slide=id.g12525831fae\_0\_169

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19:41 04/05/2022



## A. Eating habits Score per day

### Final score

---

Start from	5p	
1. 🍷 hydration	+2p	
2. 🍷 veggies and fruits	+1p	
3. 🍷 healthy plate		+1p
4. 🍷 healthy fats		+1p
(olive oil, nuts etc)		
5. 🍷 sweets	-1p	
6. 🍷 junk food	-1p	
7. 🍷 sweetened beverages	-1p	
8. 🍷 smoking	-1p	
9. 🍷 drinking alcohol	-1p	
Minimum score/day: 0 pts		Maximum score/day: 10 pts

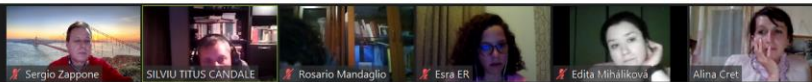


## A. Eating habits

### Score per day

**Final score**  
---

Start from	5p	
1. 🍷 hydration	+2p	
2. 🍷 veggies and fruits	+1p	
3. 🍷 healthy plate		+1p
4. 🍷 <b>healthy fats</b>		<b>+1p</b>
(olive oil, nuts etc)		
5. 🍷 sweets	-1p	
6. 🍷 junk food	-1p	
7. 🍷 sweetened beverages	-1p	
8. 🍷 <b>smoking</b>	<b>-1p</b>	
9. 🍷 <b>drinking alcohol</b>	<b>-1p</b>	
Minimum score/day: 0 pts		Maximum score/day: 10 pts



## B. workouts

### Final score

---

10 activities per month

Qualifying activities:

- run: speed > 7.5 km/h, moving time > 15 min
- ride: speed > 18 km/h, moving time > 30 min  
speed > 15 km/h, moving time > 45 min
- hike: moving time > 60 min
- swim: moving time > 20 min
- workout (workout, crossfit, weight training): elapsed time > 40 min
  - team sports - uploaded as workouts
- other activities?!





# Final score

## C. Steps

0 - 3000	50 pct
3001 - 5000	75 pct
5001 - 7500	100 pct
> 7500	100 pct

Ex. 2000 steps: 33 pct  
7000 steps: 95 pct  
9000 steps: 100 pct



# Final score

## C. Steps

0 - 3000	50 pct
3001 - 5000	75 pct
5001 - 7500	100 pct
> 7500	100 pct

Ex. 2000 steps: 33 pct  
7000 steps: 95 pct  
9000 steps: 100 pct



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00:55:19

## Final score: name of the indicator

--- Name

1. Carolione
2. HELP (healthy energetic light people)
3. Healthy Ladder
4. Healthy Metarko
- 5.
- 6.

<https://www.menti.com/1ztqrbt92r>

20:00  
04/05/2022

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00:56:25

Go to [www.menti.com](https://www.menti.com) and use the code 5198 3962

## Which name is more suitable for our final score that represents the healthy lifestyle

Mentimeter

1st	HELP (healthy energetic light people)
2nd	Healthy ladder
3rd	Healthy Metarko
4th	Caroline

20:01  
04/05/2022

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Stai visualizzando lo schermo di Alina Cret Visualizza opzioni

Sergio Zappone SILVIU TITUS CANDALE Rosario Mandaglio Rahela Edita Mihaliková Alina Cret

Go to [www.menti.com](https://www.menti.com) and use the code 5198 3962

### Which name is more suitable for our final score that represents the healthy lifestyle

Mentimeter

Rank	Name
1st	Healthy ladder
2nd	Healthy Metarko
3rd	HELP (healthy energetic light people)
4th	Caroline

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20:02 04/05/2022

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Angelina

Sergio Zappone SILVIU TITUS CANDALE Rosario Mandaglio Rahela Alina Cret Angelina

Go to [www.menti.com](https://www.menti.com) and use the code 5198 3962

### Which name is more suitable for our final score that represents the healthy lifestyle

Mentimeter

Rank	Name
1st	Healthy ladder
2nd	HELP (healthy energetic light people)
3rd	Healthy Metarko
4th	Caroline

20:04 04/05/2022

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01:00:46

https://docs.google.com/presentation/d/1CTvN320Zce80QFYKcb54AUoUeL\_O4WpoTjn9Fn7Yyo/edit#slide=id.g12525831fae\_0\_179

TM april 2022

Final

Trimiteti persoanelor și grupurilor

Adăugați persoane și grupuri

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Dati clic pentru a adăuga notele vorbitorului

20:05 04/05/2022

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01:01:15 Vista

SILVIU TITUS CANDALE

Sergio Zappone

Rosario Mandaglio

Rahela

Esra ER

Edita Mihailkova

Alina Cret

Angelina

Participanti

Chat

Condividi schermo

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20:06 04/05/2022