

A DAY IN MY LIFE

How do you use your neighborhood/city to promote your HEALTH? Tell us about a 24-hour day in your life.

The stickers with the various illustrations represent your lifestyle, your social network, your working and living conditions. Select the stickers that play a role in your health. Write down how you use them for your health and sort the stickers here according to time. Distinguish between what you do for your health yourself and what the city offers for your health and what you use.

What can I do for my own health?	What am I doing for my health?	What am I doing for my health?	What am I doing for my health?	What am I doing for my health?
What does the city/neighborhood offer me for my health?	What does the city/neighborhood offer me for my health?	What does the city/neighborhood offer me for my health?	What does the city/neighborhood offer me for my health?	What does the city/neighborhood offer me in terms of health?
In the morning	At lunchtime	Afternoon	Evening	At night