



Co-funded by  
the European Union



**Extended report**  
**3<sup>rd</sup> and 4<sup>th</sup> online meeting**  
24th November and 2<sup>nd</sup> December, 2022  
Topic: Badges of mobile application

**FITeens - Promoting physical activity and healthy habits in  
sedentary teenagers**

2021-1-ES01-KA220-SCH-000027761



Co-funded by  
the European Union



**MINUTES of**  
**3<sup>rd</sup> and 4<sup>th</sup> online meeting**  
24th November and 2<sup>nd</sup> December, 2022  
Topic: Badges of mobile application

**FITeens - Promoting physical activity and healthy habits in  
sedentary teenagers**

2021-1-ES01-KA220-SCH-000027761

#### Project partners

- P1. Universidad de Zaragoza
- P2. Stichting Kenniscentrum Pro Work
- P3. Instituto Politecnico de Santarem
- P4. Tartu Ulikool
- P5. Innoventum OY
- P6. Jaitek Tecnología y Formación S.L.

#### Minutes of meeting

Two consecutive meeting was held to decide some important points about the system of rewards and the badges developed to be inserted on the mobile app.

These meeting was followed by these partners through a Google Meet video call.

See below the two presentations followed in both meetings to know more in deep the contents addressed.

# FITeens Project Badges app Meeting

24<sup>th</sup> November 2022

2021-1-ES01-KA220-SCH-000027761



**Co-funded by  
the European Union**

The project "FITeens" is co-funded by the Erasmus+ programme of the European Union. The content of publication is the sole responsibility of the project partners and neither the European Commission nor the Spanish Service for the Internationalisation of Education (SEPIE) is responsible for any use that may be made of the information contained therein.



# FiTeens Project 1<sup>st</sup> TPM

## Agenda 24th

**START 12:00h**

Welcome!

R1: FiTeens Toolkit

- Next steps
- Questions

R2: FiTeens app

- Badges solutions

General questions and doubts

**END 13:00h**



**Universidad  
Zaragoza**



**jaitok**

**inn<sup>o</sup>ventum**

**POLITÉCNICO  
DE SANTARÉM**





# Project Results

# Project Results



**R1. FITeens  
Toolkit**  
UNIZAR  
2021-12 | 2022-08

**R2. FITeens App**  
INNOVENTUM  
2022-02 | 2023-03

**R3. FITeens  
Digital In-service  
training for PE  
teachers**  
JAITEK  
2023-04 | 2023-10

# R1. FITeens Toolkit

UNIZAR

2021-12 | 2022-08



	RESPONSIBLE	MONTHS	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	M11	M12	M13	M14	M15	M16	M17	M18	M19	M20	M21	M22	M23	M24
<b>R1. FITeens toolkit</b>	<b>UNIZAR</b>																									
R1/A1 Structure and content development	IPS																									
R1/A2 Content review	TARTU																									
R1/A3 Visual aspect development	PROWORK																									

The first result is the creation of a **toolkit** in a **flipbook** format that will involve the **Big 6** (physical activity, sufficient sleep, low screen time, consumption of alcohol and tobacco, and intake of healthy food).



# What has been done so far?



IPS will create the guidelines for content creation. The toolkit will contain different explanations, introductory videos (IPS, Tartu, UNIZAR), exercises/activities and expert testimonies for each of the 6 elements.

- ✓ Guidelines for content creation
- ✓ Research of the content
- ✓ Creation of different explanations, introductory videos, exercises/activities and expert testimonies for each of the 6 elements
- ✓ **IPS will create the final videos and documents**
- ✓ **TARTU and UNIZAR will create the final version**





# What is missing?



All Partners are reviewing the content created **25/11/2022**

5 Secondary Physical Education teachers/per partner are reviewing the content created. **02/12/2022**

Jaitek and Innoventum will work on the visual aspect of the document. **15/01/2023**

Partners will translate the document. **30/01/2023**

PROWORK will create one flipbook for each partner's version. **10/02/2023**

All flipbooks will be uploaded on the Project's website. **16/2/2023**

# R2. FITeens App

INNOVENTUM

2022-02 | 2023-03



	RESPONSIBLE	MONTHS	M1	M2	M3	M4	M5	M6		M7	M8	M9	M10	M11	M12		M13	M14	M15	M16	M17	M18		M19	M20	M21	M22	M23	M24
<b>R2. FITeens app</b>	<b>INNOVENTUM</b>																												
R2/A1: Development of the platform	INNOVENTUM																												
R2/A2: Creation of the content	UNIZAR																												
R2/A3: Translation phase	INNOVENTUM																												
R2/A4: Handbook creation	PROWORK																												

The second result will consist on the creation of a web application for promoting and improving healthy lifestyles

## R2. FITeens App

INNOVENTUM

2022-02 | 2023-03



**A1:**  
Developmet  
of the  
platform  
INNOVENTUM



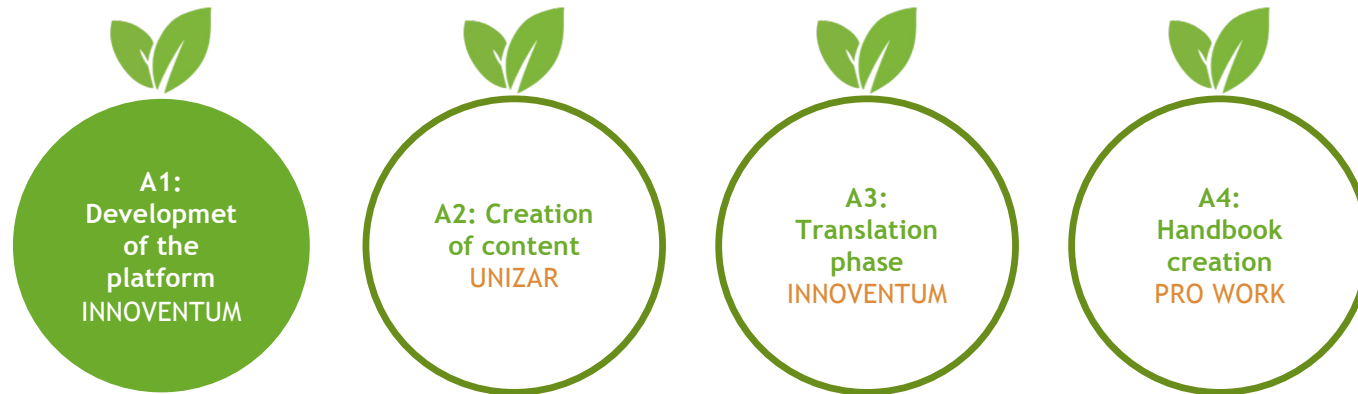
**A2:** Creation  
of content  
UNIZAR



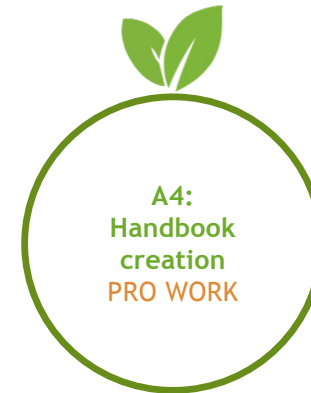
**A3:**  
Translation  
phase  
INNOVENTUM



**A4:**  
Handbook  
creation  
PRO WORK



- ▶ **INNOVENTUM** will create the structure of the app and will incorporate the different elements that will be created.
- ▶ **Partners** will translate the different options and menus contained in the app.
- ▶ **PROWORK** will develop the different badges and avatars.
- ▶ **IPS** and **TARTU** will create the questionnaire (Hexagonal graphic representation of the students' lifestyles).



- ▶ **Physical activity:** 30 activities.
- ▶ 10 resources for each of the following elements: **sufficient sleep, low screen time, consumption of alcohol and tobacco.**
- ▶ **20 healthy recipees** that students could prepare themselves.
- ▶ All resources will be evaluated by **2 experts** per country.
- ▶ **IPS, UNIZAR** and **Tartu** will evaluate the resources.

# Dissemination



05 Partners' websites

A green diamond-shaped icon containing a white lightbulb icon, representing ideas or websites.

04 Youtube

A blue diamond-shaped icon containing a white key icon, representing access or a platform like YouTube.

02 Website

An orange diamond-shaped icon containing a white speech bubble icon, representing communication or a website.

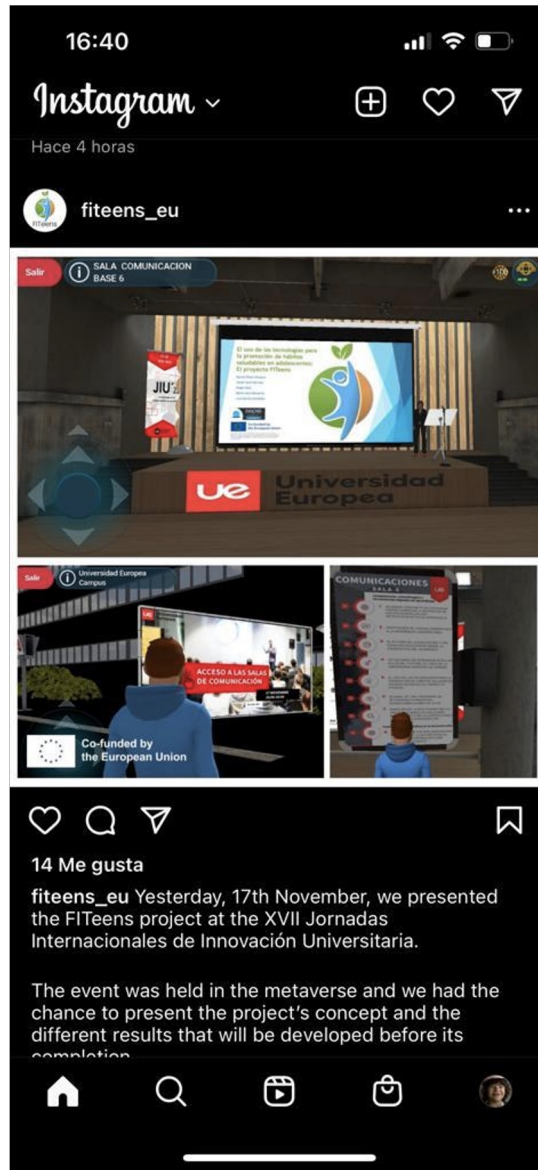
03 Newsletters

An orange diamond-shaped icon containing a white magnifying glass icon, representing search or newsletters.

01 Facebook Instagram

A green diamond-shaped icon containing a white magnifying glass icon, representing search or social media.

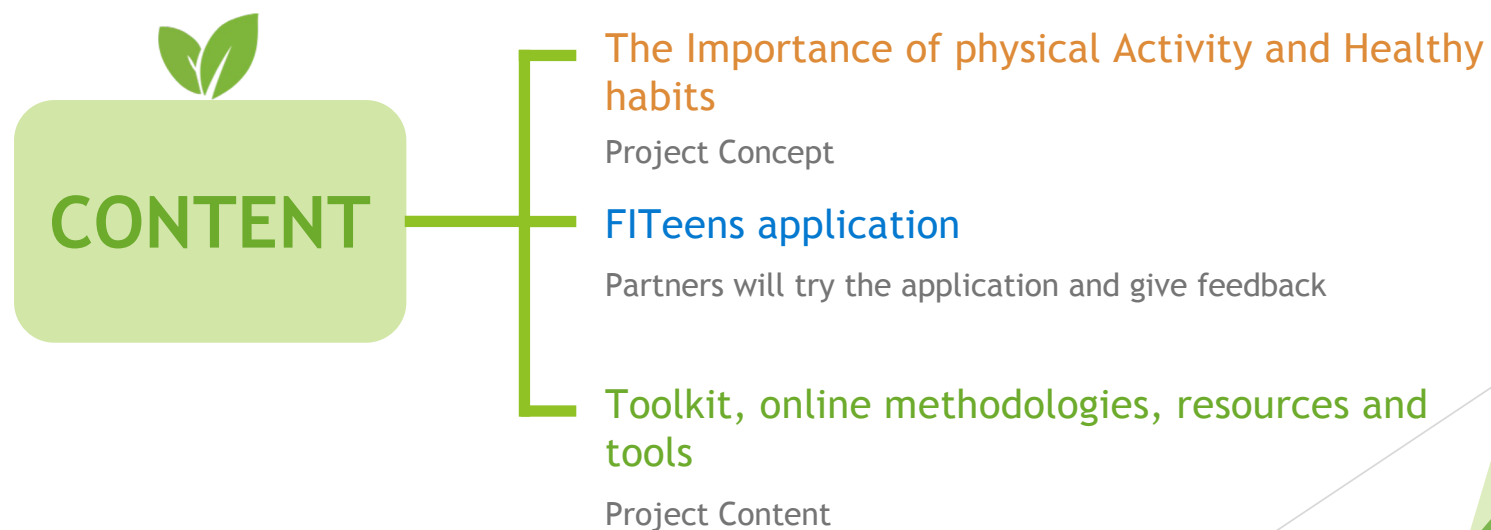
[https://docs.google.com/spreadsheets/d/1Gl6xa2Bt0LRyy3EdkGhdQ2W7MJJpgtyP/edit?usp=drive\\_web&ouid=111947961851479165315&itpof=true](https://docs.google.com/spreadsheets/d/1Gl6xa2Bt0LRyy3EdkGhdQ2W7MJJpgtyP/edit?usp=drive_web&ouid=111947961851479165315&itpof=true)



# Short-term joint staff training events



2 people per partner. A minimum total of 12 participants  
2 travelling days + 3 days of training. **June 18th to 22nd 2023**  
**Rio Maior, Portugal**





# Meetings



2 people traveling per partner to each face to face meeting in application





## Final Overview



### Next meeting

02/12/2022 app structure  
10am CET

*Before christmas to review the  
toolkit*



### TO DO's



### The End

# Thank you!

Let's get things done!

FITeens project



**Co-funded by  
the European Union**

The project "FITeens" is co-funded by the Erasmus+ programme of the European Union. The content of publication is the sole responsibility of the project partners and neither the European Commission nor the Spanish Service for the Internationalisation of Education (SEPIE) is responsible for any use that may be made of the information contained therein.



# FITeens Project 2nd Badges app Meeting

2<sup>nd</sup> December 2022

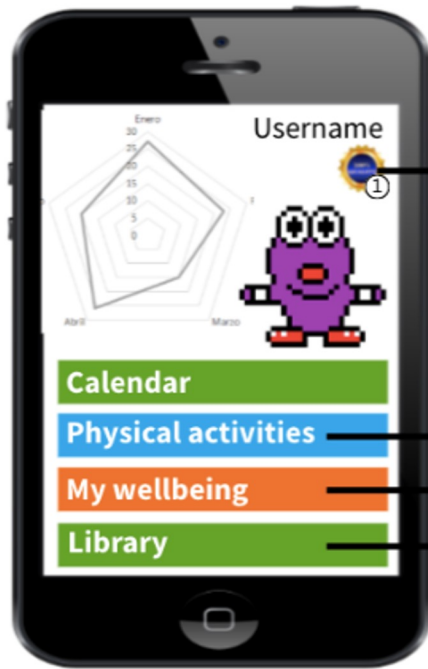
2021-1-ES01-KA220-SCH-000027761



**Co-funded by  
the European Union**

The project "FITeens" is co-funded by the Erasmus+ programme of the European Union. The content of publication is the sole responsibility of the project partners and neither the European Commission nor the Spanish Service for the Internationalisation of Education (SEPIE) is responsible for any use that may be made of the information contained therein.





PA badges based on three different categories (outdoor activities, home activities, school activities) and three different levels (bronze, silver and gold) and number of PAs done,  
 One badge for each of the rest of the elements (healthy diet, sleep, sedentary screen time and alcohol and tobacco consumption).

30 activities divided in three different categories (outdoor activities, home activities and school activities) and levels (beginner, intermediate and expert) linked to PA badges.  
 The activities of each level appear once the previous level is completed. Activities to be performed in the long term (run twice a week) to strengthen commitment and relatedness

First time using the app: questionnaire related to the 6 key health related behaviours to determine the initial graphic.  
 After this first use: Short daily questionnaire to check if they have followed recommendations on each of the 6 key health related factors. The result will affect the graphic

This resources should be simple and follow the same structure  
 There will be a questionnaire after all resources have been seen.  
 If the user gets more than 8/10 a badge will be obtained.

- Healthy diet
  - 20 healthy recipes
  - Suggestions and recommendations
- Sleep time: 10 sleep time resources (suggestions to sleep well, benefits...)
  - Resource 1
  - Resource 2
  - ...
- Sedentary screen time: 10 sedentary screen time resources (suggestions to use screens, risks...)
  - Resource 1
  - Resource 2
  - ...
- Alcohol and tobacco consumption: 10 alcohol consumption resources (Risks, effects...)
  - Resource 1
  - Resource 2
  - ...

# Badges (13 in total)

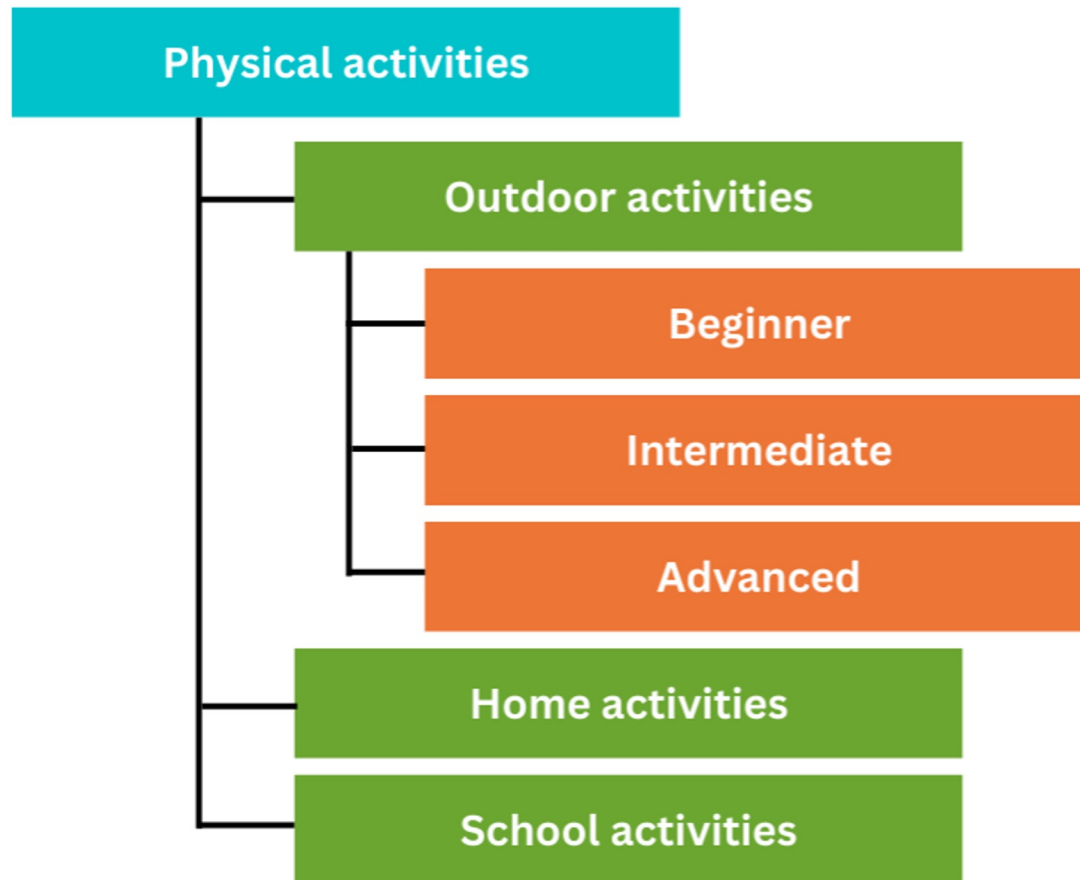
## PA badges



## Rest of the badges



# Physical activities



30 activities divided in three different categories (outdoor activities, home activities and school activities) and levels (beginner, intermediate and expert) linked to PA badges.

The activities of each level appear once the previous level is completed. Activities to be performed in the long term (run twice a week) to strengthen commitment and relatedness.

In each of the categories, activities to be done during the week and during the weekend will be created as well as individual and group activities (family, friends, etc...)

# Thank you!

Let's get things done!

FITeens project



**Co-funded by  
the European Union**

The project "FITeens" is co-funded by the Erasmus+ programme of the European Union. The content of publication is the sole responsibility of the project partners and neither the European Commission nor the Spanish Service for the Internationalisation of Education (SEPIE) is responsible for any use that may be made of the information contained therein.

