

## Take Home Goal Sheet

Did you know that your family genes account for only 25% of your longevity?  
Lifestyle changes can have a much bigger impact!

Jumpstart your health today by setting one small goal in one key area:



**Physical Activity:** Simply moving and being active will benefit your health.  
Light physical activity for 15 mins a day can increase life expectancy by 3 years.  
Talk with your healthcare provider to be sure the activity you choose is safe for you to do. Examples: Walk indoors/outdoors, take the stairs, use weights or bands, garden, hike, run or try out an exercise class.

OR



**Social Connection:** Being socially active improves health and well-being; loneliness can be as bad for your health as smoking.

Examples: Call a family member, meet a friend for coffee, attend church, a lecture or concert, join a group or volunteer.

OR



**Brain Challenge:** Combined lifestyle factors, including challenging your brain with new learning, reduces dementia risk by up to 35%

Examples: Explore library programs, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards.

OR



**Positive Thinking:** People who live longest tend to have a positive outlook on life.

Examples: Keep a daily gratitude journal for a week, write down 3 of your strengths and apply one in a new way, think of 3 good things from your day before going to sleep.

OR



**Taking Care of Mental Health:** A wide range of positive lifestyle behaviours can improve physical health and mental well-being.

Examples: Reduce meal portion sizes, try a yoga or meditation class, use a sleep routine, limit alcohol. If you think you need mental healthcare, reach out & ask for help.

Date: (MM/DD/YY): \_\_\_\_\_

GOAL: Write one S.M.A.R.T. goal below. (e.g. walk 15 mins, 2x/week for 4 weeks):

My goal is:

*What if I do not achieve the goal I set?* This is normal.

You might want to switch it up completely or set an even smaller goal.

**No goal is too small. Small changes can lead to big health benefits over time.**

## What are S.M.A.R.T. Goals?

One of the best ways to look after your health is by setting small, doable health goals that matter to you—*meaningful* goals are more likely to be completed. S.M.A.R.T. Goals are:

**Specific:** How can you achieve this goal? What concrete steps will you need to take?

**Measurable:** How can you measure progress? How often? For how long?

**Action-Oriented:** Is the goal dependent on actions? What will those actions be?

**Realistic:** Is this goal realistic? Can this be achieved in the next few weeks? Are there obstacles to overcome, or supports that could help?

**Time-Limited:** What times of day or days of the week are best to work on this goal?

Choose one key area you want to change. Decide where you will do this activity, at what time of day, for how long and how often. It helps to think how you will overcome possible barriers, and who/what can help you reach your goal. You might also consider how to track your progress. **The Wellness App** is a way to track your goal, and to receive support.

**TIPS:** To make your goal “S.M.A.R.T.” answer all questions above. Then reduce your goal by 50% so it is realistic and achievable. Keep in mind that no goal is too small.

### Examples of S.M.A.R.T. Goals:



I will walk to the mailbox three times a week for one month.



I will call a friend or family member once a week for one month.



I will read the newspaper three mornings a week for four weeks.



I will reduce dinner portion size twice a week for one month.



I will write in a gratitude journal once a week for a month.

## How to Register for The Wellness App

**The Wellness App** is free on any device. It allows you to keep track of your goal, and gives you encouragement along the way. To register, complete the following steps:

1. **GO TO** [wellnessapp.ca](http://wellnessapp.ca) and click on **REGISTER** and fill in the information requested to create a new account.
2. Click on **GET STARTED HERE**.
3. Complete the **Health and Resilience Pre-Questionnaire** and press **SUBMIT**.
4. Choose **ONE** domain icon and fill in your own **S.M.A.R.T. goal**, press **SAVE**.  
*Note: Talk to your clinician to be sure the activity you choose is safe for you.*
5. Each day, complete your **goal**, log-on to [wellnessapp.ca](http://wellnessapp.ca), go to the Daily Check-in Calendar and click on the calendar provided to record your progress.
6. In 4 weeks, complete the **Health and Resilience Post-Questionnaire**. Save or print a copy of your 4-week “check out” report to share with your care provider.