

## Take Home Goal Sheet for Patients

The **Brain Health & Wellness Project** promotes brain health and resilience across the lifespan. Being **physically active, socially connected and challenging your brain** can improve your long-term health and help you to bounce back from illness. Did you know that your family genes account for only 25% of your longevity? Lifestyle and attitude play a much bigger role. **You are invited to jumpstart your health today by setting one small goal in a key area:**

Record **one goal in one area** below, and note **when** you will do it. (E.g. 30 min 2x/week):



**Physical Activity:** Just moving and **being active** will benefit your health, and more regular physical activity (such as 150 minutes activity/week) can help to **prevent depression, memory loss and dementia**.

Physical Activity goal: \_\_\_\_\_

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Examples: Walk indoors or outside, use stairs, weights or bands, join a gym, garden, hike or run, try out dance or yoga

OR



**Social Connection:** Having **trusted relationships** (a friend, partner or family members) is very protective for **mental and physical health** over your lifespan.

Social Connection goal: \_\_\_\_\_

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

OR



**Brain Challenge:** **Learning new things** right across the lifespan helps your brain to stay healthy, and can help to **prevent memory loss and dementia**.

Brain Challenge goal: \_\_\_\_\_

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Examples: Visit the library, listen to music or podcasts, attend a lecture, search a helpful resource online, audit a class, try a new instrument or language, volunteer at something new

### What if I don't achieve the goal I set?

This is entirely normal! You might want to switch it up completely or try setting a smaller goal.  
**No goal is too small! Small changes can lead to big health benefits** over time.

**NOTE:** You can also register for free to use **The Wellness App** at <http://wellnessapp.ca> usable on any device. **The Wellness App** offers you **support and encouragement** to achieve the goal you set, between health visits.

For more ideas and information, please visit [www.fountainofhealth.ca](http://www.fountainofhealth.ca)  
If you have questions about **The Brain Health & Wellness Project**, email us at [info@wellnessapp.ca](mailto:info@wellnessapp.ca)