

## 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!

You are invited to 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: Visit the library, listen to music, attend a lecture or audit a class, try a new language or instrument, play cards

OR



**Other activities:** Positive Thinking and taking care of Mental Health through yoga, mindfulness or healthy eating can improve overall well-being.

Examples: Meditate, try a yoga class, start a gratitude journal, get more rest



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

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

Goal:

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

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

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

If interested, register to use **The Wellness App** ([wellnessapp.ca](http://wellnessapp.ca)), free on any device.

## If you are interested, you can register for The Wellness App

One of the best ways to look after your health is by setting small, doable health goals that matter to you. **The Wellness App** will help you and give you encouragement along the way!

Complete the following steps to register with **The Brain Health and Wellness Project**.

1. GO TO [wellnessapp.ca](http://wellnessapp.ca)
2. Click on **REGISTER** and fill in the information requested to create a new account.
3. Choose **GET STARTED HERE**.
4. Complete the **Health and Resilience Pre-Questionnaire** and press **SUBMIT**.

The **MY GOAL** section provides guidance on setting a **S.M.A.R.T.** goal. Choose the domain you are most interested in (**Physical Activity, Social Activity, Brain Challenge or Other**). *Talk to your clinician to be sure the activity you choose is safe for you.*

5. Choose **ONE** domain icon and fill in your own **S.M.A.R.T.** goal, press **SAVE**.
6. Each day you complete your **S.M.A.R.T.** 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.
7. At the end of the 4 weeks, you will be invited to complete the **Health and Resilience Post-Questionnaire**.

Note: **The Wellness App** will provide regular encouragement if requested.

### 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 or months?

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

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



I will walk to the mailbox 3 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 3 mornings a week for 4 weeks



I will attend a yoga class once a week for one month



App: [wellnessapp.ca](http://wellnessapp.ca) Email: [info@wellnessapp.ca](mailto:info@wellnessapp.ca) Toll free line: 1-833-722-2151 Fax: 888-456-9440

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