



Goals bring focus to what you want to achieve

Envision a healthy future

Goal setting is a powerful process when you think about your future. Goals help to motivate you so that you can turn your vision into reality. They are great tools to help you organize your vision and focus on forming or maintaining healthy habits.

Don't let old habits get in the way

In the Health Profile section on the PowerofVitality.com, you will find a wide variety of Vitality Goals™ that focus on particular lifestyle habits such as shaking the salt habit, revving up your workouts and getting a better night's sleep. **Select one or several** to which you can relate, that inspire and motivate you, and that you would like to accomplish.

Your goals will be more powerful if they mean something to **YOU** and you follow the **SMART Goal model** when you select them:

- S** – Specific (or Significant)
- M** – Measurable (or Meaningful)
- A** – Attainable (or Action-oriented)
- R** – Relevant (or Rewarding)
- T** – Time-bound (or Trackable)

The available goals allow you to:

- Set your own objectives based on your personal motivation.
- Establish a start date and a timeline for achieving your goals.
- Enter any thoughts about what is or isn't working for you to stick with your goal.
- Earn a maximum of 30 Vitality Points™ each week when you check in on your progress.

The future is yours to create, and Vitality will be with you from the starting point to the finish line.