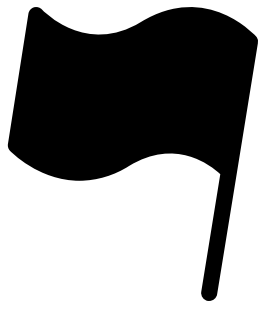


Instructions

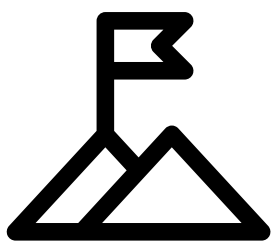


Your starting line

Change does not happen overnight. It takes meaningful, intentional planning and action. Commit to setting and achieving a SMART goal on your Road to Health and Wellness.

1. Think about what motivates you on your Road to Health and Wellness. Start by asking yourself: What does health mean to me? What inspires me to be healthy? Why do I want to live a longer, healthier life?
2. Create your SMART Goal for the Road to Health and Wellness. Use our handy planner to capture where you want to go.

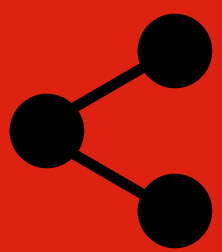
A SMART Goal is one that is:



- S – Specific
- M – Measurable
- A – Achievable
- R – Relevant
- T – Timely

One of the best ways to hold yourself accountable is to share your goals with others! Create a post with your goal in the Community section of the Ride for Heart app, or share it on social media using the hashtag, #HeartandStrokeRideasOne.

For more information on setting your SMART goal, [click here](#).



How to share:

Via Facebook/LinkedIn/Twitter: download the PDF version and fill out the custom fields on your phone or computer. Take a screen shot and save to your photo library. Share this photo on your Facebook/LinkedIn/Twitter feeds with the corresponding social copy found in the app.

Via Instagram: download the PNG version and add it to your Instagram story. Edit your story by adding text over the custom boxes to fill in the planner. Then add text letting your supporters know why you are participating in the Road to Health and Wellness Challenge!

Via Print: download the PDF version, print and fill out by hand. Share with your family, friends and neighbours!