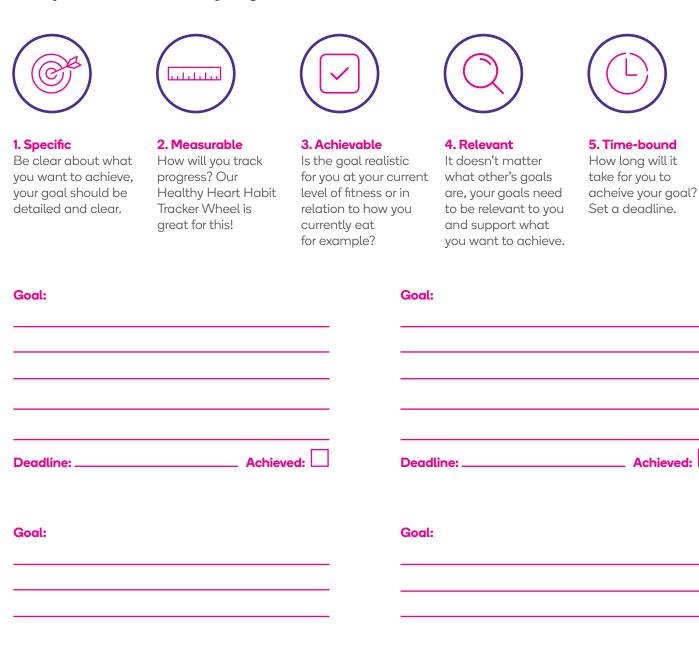


## **Healthy Heart Goal Setting Planner**

Setting short and long-term goals can help you make healthy lifestyle changes to support your heart health. Use the document to plan your goals for the year, month or even the week. When setting goals it can help to think about the acronym SMART, make sure your goals are:



Make sure you are signed up to our Heart Healthy Tips for all your heart health information and other healthy downloads like this one. Visit **heartresearch.org.uk/health-tips** 

Deadline: \_\_\_

\_\_\_\_\_ Achieved:

\_\_\_\_\_ Achieved:

Deadline: \_\_\_