

# My Heart Healthy Habits

Forming new, healthy habits is important to making **long-term** changes. Make the **habits SMART** and **Magna Wellness** will help you accomplish goals most **important to you!**

## SMART Habits

## Referral Network



Chiropractor



Naturopath



Medical Doctor

## Employee Website



# My Heart Healthy Habits

Track new habits here! Complete all tracking areas until the next visit with the coordinator. Do your best to keep tracking no matter the outcome. You have the power!

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Week 1	<input type="checkbox"/>						
Week 2	<input type="checkbox"/>						
Week 3	<input type="checkbox"/>						
Week 4	<input type="checkbox"/>						
Week 5	<input type="checkbox"/>						
Week 6	<input type="checkbox"/>						
Week 7	<input type="checkbox"/>						
Week 8	<input type="checkbox"/>						

My next visit: \_\_\_\_\_

Contact **for more information.** | 24 Hours a Day  
 p. 1.800.265.8310