



# 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**









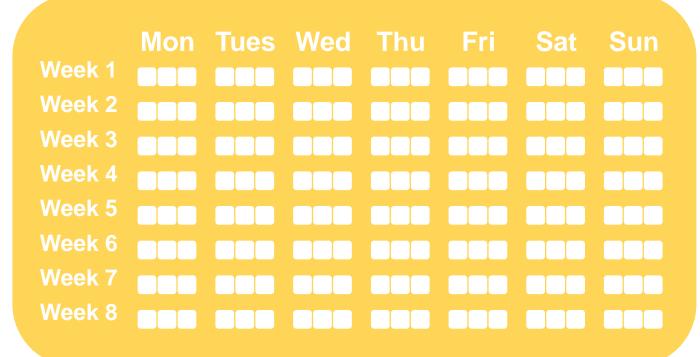






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Track new habits here! Complete all tracking areas until the next visit with the coordinator. Do your best to keep tracking no matter the outcome. You have the power!



My next visit:

**Contact** 



for more information.

24 Hours a Day p. 1.800.265.8310





