



Build resolutions that make a difference

Set S.M.A.R.T. goals to keep your resolutions

What exactly are S.M.A.R.T. goals?

- Specific:
- Measurable:
- Action-oriented:
- Realistic:
- Timely:



Build resolutions that make a difference

- Public profile page
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 - **Edit Profile**
 - **Activity**
- Account settings
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 - **Health Profile**
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- Privacy settings
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 - **Update Privacy Profile**
- Support