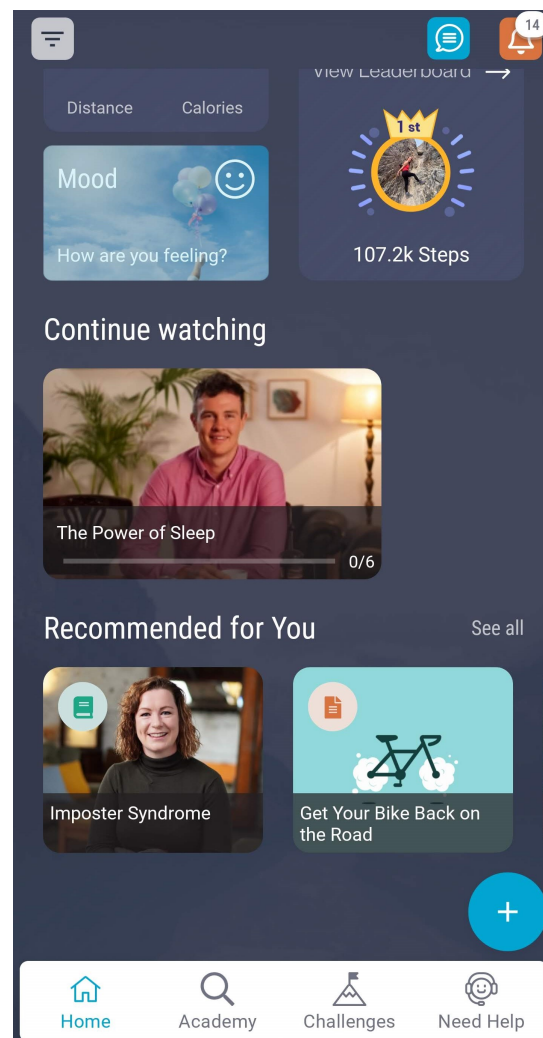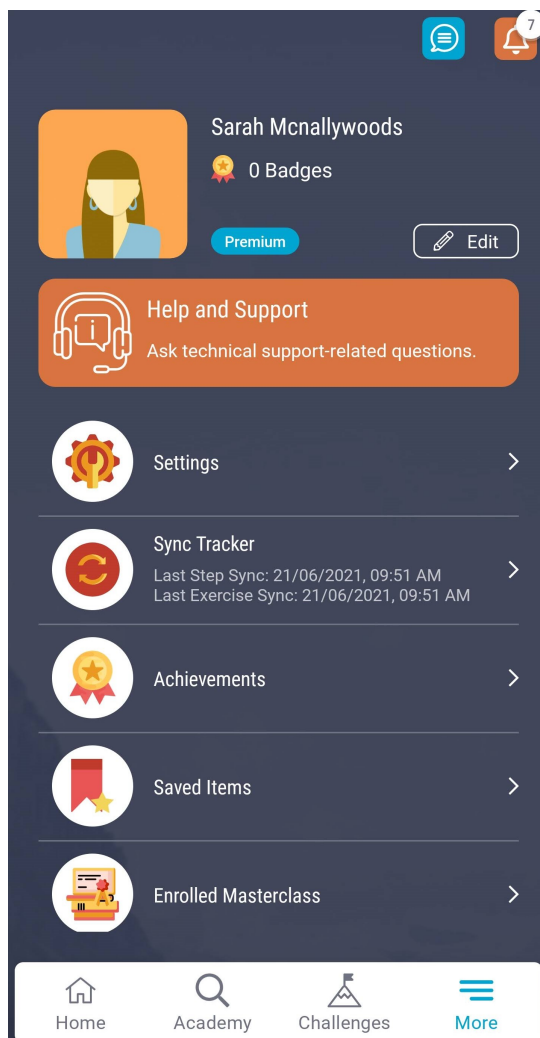# How to Set your Goal

1. On your Home screen, scroll down and set your goal under the "Recommended" section. You can also do this on your More Screen.

2. Available goals range from Reduce Stress, Boost Fitness, Sleep Quality, Life Balance, Be More Mindful, Boost Nutrition & Reduce Anxiety. You can select up to 3 goals at one time.

3. Once you have set your goal, the Zevo Health app will give you content recommendations to support your goal going forward.

4. You can change your goals at any stage in the More Section.