



SMARTR Goal Template

A SMARTR goal meets the criteria of the terms of the acronym SMARTR: Specific, Measurable, Attainable, Relevant, Time Bound, and Re-evaluation/Reward.

Acronym	Description	Developing SMART Goals
S	Specific	Goals are clear, detailed and unambiguous. A specific goal will usually answer the five "W" questions: <ul style="list-style-type: none"> • What: What do I want to accomplish? • Why: Specific reasons, purpose or benefits of accomplishing the goal. • Who: Who is involved? • Where: Identify a location. • Which: Identify requirements and constraints.
M	Measurable	This term stresses the need for concrete criteria for measuring progress toward the attainment of the goal. If a goal is not measurable, it is not possible to know whether progress toward successful completion is being made. A measurable goal will usually answer questions such as: <ul style="list-style-type: none"> • How much? • How many? • How will I know when it is accomplished?
A	Attainable	This term stresses the importance of goals that are realistic and attainable. While an attainable goal may stretch the goal-setter in order to achieve it, the goal is not extreme. An attainable goal may cause goal-setters to identify previously overlooked opportunities to bring themselves closer to the achievement of their goals. An attainable goal will usually answer the question: <ul style="list-style-type: none"> • How: How can the goal be accomplished?
R	Relevant	A relevant goal must represent an objective that the goal-setter is willing and able to work towards. A relevant goal will usually answer the question: <ul style="list-style-type: none"> • Does this seem worthwhile?
T	Time Bound	The fifth term stresses the importance of giving goals a target date. A commitment to a deadline helps focus efforts on completion of the goal on or before the due date. Timeliness is intended to prevent goals from being overtaken by the day-to-day crises that invariably arise in an organization. A timely goal will usually answer the question: <ul style="list-style-type: none"> • When? • What can I do 6 months from now? • What can I do 6 weeks from now? • What can I do today?
R	Reevaluate Reward	As goals are being developed and phases of different goals are being accomplished, reevaluate each goal to make sure they are still relevant and attainable. Once goals have been accomplished, celebrate in their accomplishment and start developing new SMART goals.



Putting HEALTH back in Healthcare!

MY SMARTR GOAL

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M	Measurable	
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R	Reevaluate Reward	