

Writing a **SMART** Goal...

SMART goals are **S**pecific, **M**easurable, **A**ction-oriented, **R**ealistic and **T**imely

Student:	Start Date:	Target Date:	Date Achieved:
Goal:			
Specific: <i>What exactly will you accomplish?</i>			
Measurable: <i>How will you know when you have reached this goal?</i>			
Action Oriented: <i>What actions will you have to take?</i>			
Realistic: <i>Can you see yourself actually doing this?</i>			
Timely: <i>When will this goal be achieved? Set a specific date/time limit.</i>			
Immediate Steps			
What	How often?	Who can hold you accountable?	
	<i>(circle all that apply)</i> Daily, weekly, as needed Other: _____	<i>(circle all that apply)</i> Myself, parent, teacher Other: _____	
	<i>(circle all that apply)</i> Daily, weekly, as needed Other: _____	<i>(circle all that apply)</i> Myself, parent, teacher Other: _____	
	<i>(circle all that apply)</i> Daily, weekly, as needed Other: _____	<i>(circle all that apply)</i> Myself, parent, teacher Other: _____	