

## Remember to use the “SMART” Objective format

### Is the patient created goal:



- Specific** (Make sure it does not seem too broad, is it clear, could someone else understand the goal? What exactly do you want to do or achieve?)



- Measurable** (How will the goal be measured? How will they know when it is completed? How much, or how often will you do this?)



- Action Oriented** (What actions are required to achieve this goal? What steps will you need to take? What is your first step?)



- Realistic** (How realistic is the goal with the resources and capabilities at hand? What do you need to accomplish this goal?)



- Time-Bound** (When will you start? When will the goal be reached? Is there a deadline?)



- Review** the final goal with the patient. (You stated your goal is to ... How will you remember your goal?)