

SMART Target Checklist

- Specific** Target is worded specifically and unambiguously; context and level of support are specified.

- Measurable** Behavior is observable and/or measurable.

- Attainable** The client has the prerequisite skills; any needed component skills have been factored in; the target is within the client's reach.

- Relevant** The target is meaningful for the client and will lead toward achievement of their aims.

- Time-Based** Deadline and/or number of times to be completed are specified.