TIMEBOUND

RELEVANT

ACHIEVABLE

MEASURABLE

SPECIFIC

|  |  |
| --- | --- |
| SpecificDoes this goal make sense? Is it clear? |  |
| Measurable How will it be measured? Can progress be tracked? |  |
| AttainableIs this realistic? How will this be it accomplished? Is this something the member can do? |  |
| RelevantWhy is this goal worthwhile? Does it alight with the over all person centered objective? |  |
| Time-boundWhat is the timeframe to complete this goal? |  |
|  |  |
|  |  |

Goal: