S.M.A.R.T. Goals Overview

Developing SMART goals sets you and your team up for success during your digital health implementation.

S	**M**	**A**	**R**	**T**
SPECIFIC	**MEASURABLE**	**ATTAINABLE**	**RELEVANT**	**TIMELY**
Who, What, Where, When, Why, Which	From and To	How	Worthwhile	When
Define the goal as much as possible with no ambiguous language.	Can you track the progress and measure the outcome?	Is the goal reasonable enough to be accomplished? How so?	Is the goal worthwhile and will it meet your needs?	Your objective should include a time limit. "I will complete this step by month/day/year."
WHO is involved, WHAT do I want to accomplish, WHERE will it be done, WHY am I doing this (reasons, purpose), WHICH constraints / requirements do I have?	How much, how many, how will I know when my goal is accomplished?	Make sure the goal is not out of reach or below standard performance.	Is each goal consistent with other goals you have established and fits with your immediate and long term plans?	It will establish a sense of urgency and prompt you to have better time management.