

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



Developing S.M.A.R.T. goals sets you and your team up for success during your digital health implementation.

<div data-bbox="139 632 337 831">S</div> <div data-bbox="175 873 302 898">SPECIFIC</div> <div data-bbox="152 940 324 1056">Who, What, Where, When, Why, Which</div>	<div data-bbox="427 632 625 831">M</div> <div data-bbox="430 873 621 898">MEASURABLE</div> <div data-bbox="449 982 602 1008">From and To</div>	<div data-bbox="714 632 912 831">A</div> <div data-bbox="725 873 901 898">ATTAINABLE</div> <div data-bbox="784 982 842 1008">How</div>	<div data-bbox="1002 632 1200 831">R</div> <div data-bbox="1027 873 1174 898">RELEVANT</div> <div data-bbox="1027 982 1174 1008">Worthwhile</div>	<div data-bbox="1289 632 1487 831">T</div> <div data-bbox="1333 873 1438 898">TIMELY</div> <div data-bbox="1349 982 1424 1008">When</div>
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 and WHEN 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 does each goal fit with your immediate and long-term plans?	It will establish a sense of urgency and prompt you to have better time management.

Source: <http://www.newfoundbalance.com/new-year-new-goals/>

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