

FORM 1.8 Objective-Setting Worksheet

Goal (broad statement of intention):

Objective 1 (activity and outcome):

Check each SMART criterion that is fulfilled by the objective.

- ☐ Specific
- ☐ Measured
- ☐ Action oriented
- ☐ Realistic
- ☐ Timed

Objective 2 (activity and outcome):

Check each SMART criterion that is fulfilled by the objective.

- ☐ Specific
- ☐ Measured
- ☐ Action oriented
- ☐ Realistic
- ☐ Timed

Objective 3 (activity and outcome):

Check each SMART criterion that is fulfilled by the objective.

- ☐ Specific
- ☐ Measured
- ☐ Action oriented
- ☐ Realistic
- ☐ Timed