## S.M.A.R.T Goal Planning Form

| Specific – WHO? WHAT?       |
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| Measureable – HOW?          |
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| Attainable– REASONABLE?     |
| Attainable— REASONABLE?     |
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| Relevant – EXPECTED RESULT? |
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| Timed Oriented – WHEN?      |
| Timed Oriented – WHEN?      |
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