

# S.M.A.R.T. GOALS WORKSHEET

Crafting S.M.A.R.T. Goals are designed to help you identify if what needs to be achieved, while keeping it realistic and determine a deadline.

INITIAL GOAL	In your own words, write about the situation and the goal of supplementation and/or pumping for this Family
S  SPECIFIC	What objective needs to be accomplished? What steps are needed to achieve it? What tools are needed to achieve it? (SNS, bottle, hand pump, hospital grade pump, referral to tongue-tie practitioner)
M  MEASURABLE	Quantify the goal: weight gain, number of wet/dirty diapers, number of pumping sessions per day, number of ounces given to baby per day
A  ACHIEVABLE	Does the family have the skills required to achieve this goal? If not, can you help to obtain them? Is the amount of effort required on par with what the goal will achieve?
R  RELEVANT	Why is the goal realistically available given the time frame and the resources? Does it align with this Family's values and wishes?
T  TIME-BOUND	What is the deadline for this goal? Is the deadline realistic? Do you need to break it down in smaller milestones for the patient to decrease overwhelm?
SMART GOAL	Review what you have written, and draft a NEW goal statement based on what the answers to the questions above have revealed