

Worksheet for recording and evaluating SMART Goals

Patient's Name: _____

Date goals reviewed: _____

Record the Patient's Treatment Goals (symptom reduction/management and functional restoration, including restoration of occupational function)	Create SMART Goals to achieve Treatment Goals during the reporting period S - Specific M - Measurable A - Achievable R - Relevant T - Time bound	SMART Goals Achieved as Expected? (Compare extent goals achieved at end of reporting period to goals initially set earlier in the same reporting period)		Describe Plan for SMART Goal
Goal #1 Date goals set: _____	Date goals set: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Much better <input type="checkbox"/> A little better <input type="checkbox"/> As expected <input type="checkbox"/> Partly achieved <input type="checkbox"/> Much less than expected	<input type="checkbox"/> In progress/continue <input type="checkbox"/> Goal completed <input type="checkbox"/> Revision required <input type="checkbox"/> No further gains anticipated
Goal #2 Date goals set: _____	Date goals set: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Much better <input type="checkbox"/> A little better <input type="checkbox"/> As expected <input type="checkbox"/> Partly achieved <input type="checkbox"/> Much less than expected	<input type="checkbox"/> In progress/continue <input type="checkbox"/> Goal completed <input type="checkbox"/> Revision required <input type="checkbox"/> No further gains anticipated
Goal #3 Date goals set: _____	Date goals set: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Much better <input type="checkbox"/> A little better <input type="checkbox"/> As expected <input type="checkbox"/> Partly achieved <input type="checkbox"/> Much less than expected	<input type="checkbox"/> In progress/continue <input type="checkbox"/> Goal completed <input type="checkbox"/> Revision required <input type="checkbox"/> No further gains anticipated
Goal #4 Date goals set: _____	Date goals set: _____	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Much better <input type="checkbox"/> A little better <input type="checkbox"/> As expected <input type="checkbox"/> Partly achieved <input type="checkbox"/> Much less than expected	<input type="checkbox"/> In progress/continue <input type="checkbox"/> Goal completed <input type="checkbox"/> Revision required <input type="checkbox"/> No further gains anticipated