**SMART goal builder – use this process for SHORT – MEDIUM – LONG-TERM GOALS**

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| **GOAL – what does your client want to achieve – put this into a single sentence.**  **The sections below contain some guidance text. There are three additional pages – one for Short, one for Medium and one for Long Term** | |
| **Specific** | One thing – not multiple things. More than one thing means the client could succeed and fail at the same time!  “Feeling better” is not specific. You would need to explore this with your client to establish what that means for him/her. Drill down into the detail |
| **Measurable** | You MUST be able to measure progress and/or success. If it is tangible such as ROM you could use e.g. a sit and reach test. <https://testsforsports.com/flexibility/sit-and-reach-test> Please note that Norms are now being considered by some as irrelevant – you can do what you can do no matter your gender or age.  If you are a therapist you might use a goniometer <https://www.verywellhealth.com/what-is-a-goniometer-2696128>  Planks could be held or sequenced and measured by duration of hold |
| **A**chievable  Or Agreed | Also = Agreed. If it’s agreed between you, there is a “buy-in” and a commitment to the process and it should also mean there is a chance the client will do what’s agreed. It adds to this “contract” between you.  Is it achievable – explain why  Zero to Hero in a week is not usually achievable! |
| **R**elevant  Or Realistic | Also = Realistic.  A goal might be achievable but current circumstances mean that it’s not Realistic.  The activities should be relevant to the goal. There is no point in e.g. programming Bridge if someone wants to improve hamstring flexibility |
| **T**ime-bound | Short usually 4 – 6 weeks  Medium usually 3 – 6 months  Long term – usually 6months+ / 1 year or more  You will see other durations but broadly speaking stick to something as per the above |

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| **Measurable** |  |
| **A**chievable |  |
| **R**elevant |  |
| **T**ime-bound |  |