FORM 5.1

SMART Target Checklist

S pecific	Target is worded specifically and unambiguously; context and level of support are specified.
M easurable	Behavior is observable and/or measurable.
A ttainable	The client has the prerequisite skills; any needed component skills have been factored in; the target is within the client's reach.
Relevant	The target is meaningful for the client and will lead toward achievement of their aims.
T ime-Based	Deadline and/or number of times to be completed are specified.

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