**Evaluate your targets as SMART-F**

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| --- | --- |
|  | **Evaluate your own targets** |
| Evaluate how far your own targets are (SMART-F). Use one row per target. Consider whether each is specific, measurable, achievable, realistic, clearly time-bound, and flexible. Write ‘yes’ or ‘no’ in the boxes as appropriate. The final column provides space for some reflection on your target-setting.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Target** (write below) | **S**  | **M** | **A** | **R** | **T** | **F** | **Comments** |
| **1** |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |

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