



Setting SMART Goals

When developing an action plan, be sure that your goals and activities are SMART!

Specific

Set specific goals that describe desired accomplishments. To avoid confusion and ensure all Team members are on the same page, answer the questions: who, what, where, when, and how when setting goals.

Measurable

Identify how to measure successful achievement of a goal and be specific. Use specific targets and indicators to determine whether you have been successful at the end of the year.

Action-oriented

Decide how to meet your goal. What action(s) will be required to ensure you achieve your objective? Outline your actions in the action plan.

Realistic

Reflect on your goals and determine whether success is possible. Are there any barriers in the school that may prevent success? Develop goals that are attainable. If you set goals that are unachievable, the school may feel the Healthy Schools activities were not effective, which could possibly result in decreased participation in the future. Assess if there are adequate resources, support, and time available to successfully achieve the goals.

Time-oriented

Consider how much time is needed to complete the activity and meet the goal. Setting a realistic timeline gives the school an indication of the time needed to achieve the goal. The target date gives students, staff, and parents the motivation to reach the goal within a specific time period. If a timeline is not established, there may be less motivation and focus on reaching the goal. Consider factors that may influence the timeline and ensure the timeline is realistic.

Examples of SMART goals:

1. Measurable: To help increase physical activity levels of students at recess, Grades 5 – 7 students will offer active playground activities to younger students once a week at the first recess for the month of March.
Student leaders will track the number of students who participate each day.
2. Time-oriented: To increase the knowledge of how food grows, improve access to fresh vegetables and fruit, and strengthen our school's connection with the community, the healthy schools action team will consult with a public health dietitian about creating a school/community garden. The consultation will occur in February and the planning/building will start in April.