

Ostomy SMART Goals Worksheet

Initial Goal	Write your goal here.

S Specific	Is your goal well defined, detailed and clear?

M Measurable	Is your goal measurable? You should be able to tell when you reach your goal.

A Achievable	Can you reach the goal considering your type of ostomy and the supplies required?

R Realistic	Can you reach the goal within the given timeframe and with the required supplies?

T Timely	Set a start and finish date for your goal.
	Start Date: _____
	Finish Date: _____

SMART Goal	Revise your initial goal based upon your answers to the questions above.

ACTION PLAN



What steps do you need to take to achieve your goal?

Action Items	Expected Completion Date	Actual Completion Date

What are potential obstacles and solutions to achieve your goal?

Potential Obstacles	Potential Solutions