

# SMART Behavior Goal Worksheet

Write measurable, achievable behavior goals

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## SMART Goal Components

Letter	Meaning	Question to Ask
S	Specific	What exactly will the student do?
M	Measurable	How will we measure it?
A	Achievable	Is this realistic given current levels?
R	Relevant	Does this address the function?
T	Time-bound	By when will this be achieved?

## Goal Development Worksheet

Student Name: \_\_\_\_\_

Target Behavior: \_\_\_\_\_

### Current Baseline Data

Current frequency/rate: \_\_\_\_\_

Current duration: \_\_\_\_\_

Date of baseline: \_\_\_\_\_

### SMART Components

Specific - What will the student do instead?

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Measurable - What measurement method?

- Frequency (# per time period)
- Duration (length of time)
- Percentage of opportunities
- Other: \_\_\_\_\_

Achievable - What is a realistic target?

### Pro Tip

Rule of thumb: Aim for 20-30% improvement from baseline initially. Example: If baseline is 10 incidents/day, target 7-8 incidents/day.

Target level: \_\_\_\_\_

Relevant - How does this address the function?

Identified function: \_\_\_\_\_

How goal addresses function: \_\_\_\_\_

Time-bound - By when?

Target date: \_\_\_\_\_

Review date: \_\_\_\_\_

## Complete Goal Statement

By [date], when [antecedent condition], [student name] will [replacement behavior] for [criteria: X out of Y opportunities/with X% accuracy/for X minutes] as measured by [data collection method] across [number] consecutive data collection days.

## Draft Goal

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## Goal Quality Check

- Goal describes what student WILL do (not won't do)
- Criteria is clearly measurable
- Goal is based on current baseline data
- Timeframe is realistic
- Goal addresses the function of behavior

## Track Goal Progress Automatically

Classroom Pulse tracks progress toward SMART goals and alerts you when criteria are met.

[classroompulse.io/signup](https://classroompulse.io/signup)