

Good Goals and SMART Objective Exercises



Good Goals Exercises

Read the following goals.

Determine why they are not good goals.

Rewrite them to be better.

Goal 1: Increase the number of Local Health Departments that do not have HIV/AIDS, STI, and unintended pregnancy policies that do not comply with current medical and scientific standards.

Goal 2: Decrease by 50% the number of Local Health Departments that can't provide HIV, STI, and unintended pregnancy curricula training to local school district staff.

SMART Objectives Exercise – Matching

Match the term on the left with the question on the right

Specific	How much change is expected?
Measurable	Does the objective propose a timeline when the objective will be met?
Achievable	Can the objective be realistically accomplished?
Realistic	Does the objective address the scope of the health program?
Time-phased	Who is doing what to whom?

SMART Objectives Exercise – Improving objectives

Read the below objectives and then rewrite them SMART-er.

1) Program staff will distribute materials on HIV, STD, and unintended pregnancy prevention.

● S? M? A? R? T?

2) By the end of the fiscal year, program staff will have updated the program's website.

● S? M? A? R? T?

3) By the end of 2008, necessary trainings to local health departments will have been completed.

● S? M? A? R? T?