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?

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?

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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

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.

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