One Page SMART Goal Cheat Sheet

SMART Goals for SDOH – Quick Reference

S – Specific:
• Clearly identify the SDOH barrier
• Name the action the client will take

M – Measurable:
• Use numbers when possible
• Example: visits reduced, applications completed, resources connected

A – Achievable:
• Goal must be realistic based on client capacity
• Small steps are appropriate

R – Relevant:
• Goal must address the actual SDOH need
• Must demonstrate *medical necessity* for ECM or CS

T – Time Bound:
• Include a realistic timeline or due date

Key Components Required in Every Goal

• Problem/SDOH need
• Measurable action
• Target date
• Assigned responsibility
• Client voice
• Expected outcome

Examples of Strong Phrasing

• "Client will reduce…"
• "Client will attend…"
• "Client will apply to…"
• "Client will obtain…"
• "Client will identify and engage with…"

Common Pitfalls to Avoid

• Vague goals ("Client will improve health")
• No timeframe
• No client voice
• Not tied to an identified SDOH domain
• Not linked to a care plan or intervention