

SMART Sheet

| | | | | |
|--|---|---|--|--|
| | S | M | | |
| | A | R | | |
| | | | | |
| | T | | | |

| | | | | |
|--|---|---|--|--|
| | S | M | | |
| | A | R | | |
| | | | | |
| | T | | | |

Specific - Measurable - Achievable - Relevant - Time Bound