



Personal Goals for Rehabilitation

During rehabilitation, you will be learning a lot of new things. Setting some personal goals can help you and your health care team focus on the most important things.

Using SMART goals helps you achieve your goals:

Specific: What specific area will be looked at?

Measurable: How will you measure progress?

Assignable: Who will help you achieve this goal?

Relevant: Why is this more important to achieve than other goals?

Time-related: When will the goal be achieved?

Goal # 1:

Specific (What?) _____

Measurable (How?) _____

Assignable (Who?) _____

Relevant (Why?) _____

Time-related (When?) _____



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Goal # 2

Specific (What?) _____

Measurable (How?) _____

Assignable (Who?) _____

Relevant (Why?) _____

Time-related (When?) _____

Goal # 3

Specific (What?) _____

Measurable (How?) _____

Assignable (Who?) _____

Relevant (Why?) _____

Time-related (When?) _____
