

SMART Goals for Diabetes Worksheet

Patient information	
Patient's name:	Gender:
Date of birth:	Date:
Medical information (if needed):	
S: Specific goals	
Define clear specific goal(s) related to diabetes management, such as achieving a particular blood sugar level or following a specific diet plan.	
M: Measurable outcomes	
Identify how progress will be measured. What metrics will be used? This could include daily blood glucose readings, HbA1c levels, or physical activity. Desired outcomes, like a quantitative target, may also be noted.	
A: Achievable steps	
Consider what resources or support one needs to achieve the goal(s). Is/are the goal(s) realistic given one's current lifestyle, commitments, and health condition? Resources needed and action plan may also be noted here.	

R: Relevance to overall health

Explain why the goal is important for overall health and diabetes management. How does achieving this/these goal(s) help in the broader context of one's health and life?

T: Time-bound targets

Set a realistic deadline for the goal(s). Break down the goal(s) into smaller milestones with their own time frames to make it/them more manageable.

Additional notes

Healthcare provider's name:

Healthcare provider's signature:

Date: