

### Examples of Words to Use in SMART Objectives Tool

This tool can help you create a SMART objective by breaking down the objective into pieces. The following are examples of words you can use to develop a SMART objective. Try using the words from each column to understand how to write a SMART objective.

For example, using the tool, we could write a SMART objective for a diabetes program. The objective is to: increase the number minutes of time spent by youth participating in vigorous physical activity from 10 minutes a day to 30 minutes a day by the end of the school year.

#### Words and phrases to help you write a SMART Objective:

Verb	Measure	Target population	Object (actions)	Baseline measure	Goal measure	Timeframe
To increase	Number of minutes	Youth	Participate in vigorous physical activity	from 10 minutes a day	to 30 minutes a day	By the end of the school year
To decrease	Calories/day	Adults with diabetes	Eat less fat and fewer calories	from 1 piece of fry bread	to ¼ piece of fry bread	By end of 12 week session
To decrease	Snacks/day	Adults with diabetes	Drink fewer sodas	From 2 sodas /day	To diet soda only	By next clinic visit

Verb	Measure	Population	Object	Baseline measure	Goal measure	Timeframe

**Use the tool to help you write a SMART objective.**  
 Write your diabetes program's objective here.