

SMART GOAL SETTER & TRACKER



There may be many activities you want to do as quickly as possible post-surgery. Some need more preparation than others, but most are achievable with a little planning. Try our Medilink® SMART Goal Setter to help you take steps towards your post-surgery milestones. It's always best to seek the advice of your stoma care nurse if you are unsure of anything. Don't forget sometimes a journey can take a detour, and always be mindful to decrease your risk of postoperative complications.

My SMART goal is

S Specific What do I want to achieve?		
M Measurable How will I measure progress and success?		
A Attainable What steps do I take to accomplish it?		
R Relevant Why is this goal important to me?		
T Timely When would I like to achieve it by?		

Date set

Date achieved

Next steps?