

# S.M.A.R.T. GOALS

**"Before" Family Goal- Personal/Family Goal: Eating More Meals Together**

**SPECIFIC-** A specific goal has a much greater chance of being accomplished than a general goal.

Who will eat together? What do we want to accomplish? (Healthier eating, social time, both or something else?) Where will we eat? Who will plan and prepare the meal?

**MEASURABLE-** Keeping track of progress gives incentives to keep going

How many times will we eat together? How will we track our meals together? (Mark on a calendar, make a list, etc.?)

**ATTAINABLE-** Goals are realistic and attainable. While an attainable goal may stretch a group to achieve it, the goal is not extreme.

How often is reasonable for you to have family meals depend on your unique situation and past practice. If you are newer to eating together, a goal of once a week would be a place to start.

**RELEVANT-** When you identify goals that are most important to you, you begin to figure out ways you can make them come true.

If you are searching for a way to improve the health, academic performance or bonds in your family, mealtimes are one way to make it happen.

**TIME-BOUND-** A time-Bound goal is intended to establish a sense of urgency and prevent goals from being overtaken by the day-to-day crises that invariably arise.

Setting a day or time of the week for your meals together makes it more likely that they will happen because you can write it on a calendar, set aside time, etc. Saying you will eat together on Saturday morning, Sunday noon, or Wednesday night is more powerful than saying you plan to eat together.

**"After" Family Goal- Personal /Family Goal: Our family will eat together every Sunday evening.**

# S.M.A.R.T. GOALS TIPS

- Focus on outcomes (outcomespolaris.com)
- It's a journey
- Structure meet needs and hopes
- One shoe: might not fit all
- Have a day of SMART Goal writing and have others look over
- Educate FS and Teachers together
- Certificate for each step upon completion
- Document throughout the process until completion
- Overall goal- make financial goal setting more uniform, measurable and real

## Parents- in the program

- How can we involve our parents more...? (working parents)(stay at home parents)(grandparents)
- How will we truly involve our parents? (Parents train parents) (In-Kind)(Volunteering)
- Coaching to self sufficiency

## Program itself

- Leadership setting the stage/tone for the whole program
- How will we measure Family Engagement on outcomes? Design survey and questionnaire pertaining to goals and where they're at now(sustainability)
- Staff competency: do they have the skills effectively and professionally?
- Train staff to increase uniformity and measurability
- How will we effectively work with families in challenging and living situations?
- Involve the Board of Directors w/decision making
- From Outputs- to -Outcomes
- Culture is in the curriculum- What curriculum will we use?
- Program evaluation: mid- year and at the end of the program year