

Write Outcome Here (from your application form)

Who (or what) is changing (name a specific group of people – provide numbers)

What will be changing? (think about whether this is something you can measure, and how you would do it – see the ‘Outcome Monitoring Grid’ for help on this.)

How will it be changing? (use a word that signifies change – increase, decrease, improve, etc.)

How much will it change by? (you can use a specific amount, or a percentage change)

S	Is it specific?	
M	Is it measurable?	
A	Is it achievable?	
R	Is it relevant?	
T	Does it have a clear timeframe?	