

SMART GOALS



S

SPECIFIC

Be specific in the goal!

E.g. The goal is to increase the rear end strength and power by increasing gluteal muscle mass and strength.

M

MEASURABLE

How will you quantify progress?

In two months we can increase the number of sit to stands performed in good form from 10, towards 20.

A

ACHIEVABLE

Is this a realistic goal? is it achievable for your dog and their current abilities? We want it to be challenging, but attainable.

R

RELEVANT

What is the reason for the goal?

By increasing rear end strength, we can ensure dog is better prepaied and strong for agility jumping.

T

TIME-BASED

Adding a time measure on the goal will allow you to regularly reassess, and reevaluate or adjust the goal.... as well as celebrate meeting goals!

