

Orienteering Quiz – Smart Targets

Control Point	Identify the 'best-fit' definition for each category.		Tick for your answer	Check your answer with the 3 rd letter
4	Specific	The target is decided with all participants.		H
		The target states exactly what will need to be done.		M
		The target gives a rough idea of how to get better.		O
8	Measurable	Success is clear and can be measured.		H
		Targets must have a time frame.		C
		A specified number of training sessions each week are required as part of your target.		G
15	Accepted / Achievable	Targets must encourage you to aim higher.		E
		The target you set needs to be possible for you to meet.		I
		All goals must be based on your fitness levels.		F
3	Realistic	The goal is challenging but may be reachable.		N
		Targets are clear and provide focus.		C
		The goal is possible when all factors are taken into account.		U
9	Time bound	A time should be set for when a goal will be achieved.		E
		The time frame of when a goal should be completed needs to be flexible.		G
		Targets that are too difficult should be avoided.		B

