



# SAMPLE S.M.A.R.T. Questionnaire

**S** - What was the **specific** goal of your initiative and why?

Please describe how the initiative aimed to improve healthy eating or physical activity at your school? Why did the school decide to complete this initiative? This may include the inquiry process or needs assessment conducted.

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**M** - How did the school **measure** success?

For example, how did the initiative improve healthy eating and physical activity at your school and/or community?

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**A** - What **actions/steps** did your school take to complete your initiative?

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