

<b>Integrated Care Plan</b>
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SMART Framework	
Criteria	Description
Specific	Clearly define the objective, including who will take what action related to this goal.
Measurable	Set criteria to measure progress and success towards the objective. What quantity of action will be taken? How often will this action be taken? For example, increase physical activity from 1 day per week to 3 days per week.
Achievable	Ensure the objective is realistic and reachable, considering the available resources and constraints. An objective that is too easy will not allow a person to grow, while an objective that is unrealistic will only discourage and frustrate the patient. A good objective <i>should</i> challenge and stretch someone outside of their comfort zone.
Relevant	Ensure the objective is meaningful and aligned with something the patient is willing and able to prioritize and work towards.
Time-Bound	By what deadline will this action be carried out? Develop a realistic timeframe or target date to achieve the objective. Timelines that are too short risk automatic failure while timelines that are too long may lead to procrastination.

Date	Goal	SMART Objective	Action Steps	Follow-up Date	Disposition	Notes
08/21/2025	Quit smoking cigarettes	Reduce from 6 cigs/day to 3 cigs/day by the end of December 2025	1) Attend smoking cessation session with MCM on 9/27/25 at 2:30pm 2) Take quit class at Wellness Center 3) Write down list of triggers	09/12/25	In-Progress	Has tried to quit in the past. Used “cold turkey” approach. Ready to reduce but not ready to completely stop at this time. Will consider for 2026