

B	I	N	G	O
Track daily reps	Achievable	Document % change	Set a deadline	Peer accountability
Career skill	Time-bound	Relevant	Adjust timeline	Strength % gain
Use feedback	Athletic task	FREE	Incremental steps	Long-term
Specific	Measurable	SMART acronym	FOUR rows to Bingo	Rehab goal
By end of rotation	Short-term	Clinical focus	Weekly mini-goal	Daily log entry

B	I	N	G	O
Use feedback	Weekly mini-goal	Adjust timeline	Measurable	Career skill
Set a deadline	Long-term	Document % change	Rehab goal	Athletic task
Incremental steps	Achievable	FREE	FOUR rows to Bingo	SMART acronym
Daily log entry	Track daily reps	Clinical focus	Specific	By end of rotation
Peer accountability	Improve ROM	Strength % gain	Relevant	Time-bound

B	I	N	G	O
Specific	FOUR rows to Bingo	Use feedback	Daily log entry	Set a deadline
Short-term	Strength % gain	Weekly mini-goal	Measurable	Athletic task
SMART acronym	Adjust timeline	FREE	Incremental steps	Document % change
Improve ROM	Peer accountability	By end of rotation	Achievable	Track daily reps
Time-bound	Relevant	Long-term	Rehab goal	Clinical focus