

A22. Identify your indicators

Module 6.4 - Monitoring and evaluation

This activity will help you think carefully about what success looks like for your project and how you will measure it. By completing the **four** steps, you will develop a short list of SMART indicators that suit your program and align with the Heart Foundation's minimum reporting requirements.

1. Describe your project

Write a short summary that includes:

- Who it's for (e.g. older adults, Aboriginal youth)
- What you'll do (e.g. walking groups, fitness sessions)
- What you hope to achieve (e.g. increase physical activity, reduce isolation)

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2. Develop your indicators

Fill in the table with 2–3 indicators under each category. Use the examples below if you're not sure how to start.

Category	Your indicators
Outputs	→ Number of sessions held, number of participants
Outcomes	→ % of participants who increased physical activity
Social impact	→ % who made new social connections, felt more confident Self-reported health changes
Other (optional)	→ (e.g. blood pressure, energy levels)



Tips

Make sure your indicators are **specific, measurable, achievable, relevant, and time-bound (SMART)**

Outputs	Outcomes
Social impact	Other (optional)

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3. Heart Foundation indicators

The Heart Foundation requires certain minimum indicators. Tick the ones you're collecting and explain how you'll gather that info (e.g. registration forms, sign-in sheets, short participant surveys, interviews).

Heart Foundation metric	Tick if included	How you'll collect it
Participant gender		
Disability status		
Aboriginal or Torres Strait Islander identity		
Cultural and linguistically diverse background (language at home, country of birth)		
Postcode (for regional/remote classification)		
Number of participants (unique individuals)		
Number of sessions/events		
Number of volunteers		
Number of volunteers trained (and training provided)		
Number of partner organisations		
% of participants who increased physical activity		
% of participants intending to stay active		
% reporting improved wellbeing or reduced stress		
% who made new connections or feel more socially supported		