

The Ohio State University AHEC Clear Health Communication Program

How to Use the SMOG Formula

1. Count 10 sentences in a row near the beginning of your material. Count 10 sentences in the middle. Count 10 sentences near the end. (30 total sentences)
2. Count every word with three or more syllables in each group of sentences, even if the same word appears more than once.
3. Add the total number of words counted. Use the SMOG Conversion Table I to find the grade level.

Use this formula and SMOG Conversion Table II for material containing less than 30 sentences, but not less than 10 sentences.

1. Count the total number of sentences in the material.
2. Count the number of words with 3 or more syllables.
3. Find the total number of sentences and the corresponding conversion number in SMOG Conversion Table II.
4. Multiply the total number of words with 3 or more syllables by the conversion number. Use this number as the words count to find the correct grade level from Table I.

SMOG Conversion Table I

SMOG Conversion Table II

Word Count	Grade Level	# of Sentences	Conversion #
0-2	4	29	1.03
3-6	5	28	1.07
7-12	6	27	1.1
13-20	7	26	1.15
21-30	8	25	1.2
31-42	9	24	1.25
43-56	10	23	1.3
57-72	11	22	1.36
73-90	12	21	1.43
91-110	13	20	1.5
111-132	14	19	1.58
133-156	15	18	1.67
157-182	16	17	1.76
183-210	17	16	1.87
211-240	18	15	2.0
		14	2.14
		13	2.3
		12	2.5
		11	2.7
		10	3.0