

## GOALS AND OBJECTIVES

NAME \_\_\_\_\_ DATE \_\_\_\_\_ WEEK \_\_\_\_ NEXT SESSION \_\_\_\_\_

<b>GOAL 1:</b>		
<b>GOAL 2:</b>		
<b>GOAL 3:</b>		
<b>GOAL 4:</b>		
<b>Objective A (Goal        )</b>	<b>Objective B (Goal        )</b>	<b>Objective C (Goal        )</b>
<b>What is your level of motivation to do this objective?</b>  0            1            2            3            4 not at all   somewhat   moderately   very   completely	<b>What is your level of motivation to do this objective?</b>  0            1            2            3            4 not at all   somewhat   moderately   very   completely	<b>What is your level of motivation to do this objective?</b>  0            1            2            3            4 not at all   somewhat   moderately   very   completely
<b>How well does this objective match with a goal?</b>  0            1            2            3            4 not at all   somewhat   moderately   very   completely	<b>How well does this objective match with a goal?</b>  0            1            2            3            4 not at all   somewhat   moderately   very   completely	<b>How well does this objective match with a goal?</b>  0            1            2            3            4 not at all   somewhat   moderately   very   completely
<b>In general, I enjoy this activity.</b>  0            1            2            3            4 strongly disagree   neutral   agree   strongly agree	<b>In general, I enjoy this activity.</b>  0            1            2            3            4 strongly disagree   neutral   agree   strongly agree	<b>In general, I enjoy this activity.</b>  0            1            2            3            4 strongly disagree   neutral   agree   strongly agree

## GOALS AND OBJECTIVES

NAME \_\_\_\_\_ DATE \_\_\_\_\_ WEEK \_\_\_\_ NEXT SESSION \_\_\_\_\_

FOLLOW-UP / Objective A	FOLLOW-UP / Objective B	FOLLOW-UP / Objective C
<p><b>How easy was it to complete this objective?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>Not at all   somewhat   moderately   very   completely easy            easy            easy            easy            easy</p>	<p><b>How easy was it to complete this objective?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>Not at all   somewhat   moderately   very   completely easy            easy            easy            easy            easy</p>	<p><b>How easy was it to complete this objective?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>Not at all   somewhat   moderately   very   completely easy            easy            easy            easy            easy</p>
<p><b>How much of this objective did you complete?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>None    a little    about half    most    100%</p>	<p><b>How much of this objective did you complete?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>None    a little    about half    most    100%</p>	<p><b>How much of this objective did you complete?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>None    a little    about half    most    100%</p>
<p><b>Regardless of how much of the objective you completed, what was the quality of the work that you did do?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>Not good                    Okay                    Really good work</p>	<p><b>Regardless of how much of the objective you completed, what was the quality of the work that you did do?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>Not good                    Okay                    Really good work</p>	<p><b>Regardless of how much of the objective you completed, what was the quality of the work that you did do?</b></p> <p style="text-align: center;">0            1            2            3            4</p> <p>Not good                    Okay                    Really good work</p>
<p><b>Barriers to not completing objective (check all that apply):</b></p> <p><input type="checkbox"/> forgot</p> <p><input type="checkbox"/> lack of ability or didn't know how</p> <p><input type="checkbox"/> confused about how to do it</p> <p><input type="checkbox"/> fear or avoidance of task</p> <p><input type="checkbox"/> just not motivated</p> <p><input type="checkbox"/> other:</p>	<p><b>Barriers to not completing objective (check all that apply):</b></p> <p><input type="checkbox"/> forgot</p> <p><input type="checkbox"/> lack of ability or didn't know how</p> <p><input type="checkbox"/> confused about how to do it</p> <p><input type="checkbox"/> fear or avoidance of task</p> <p><input type="checkbox"/> just not motivated</p> <p><input type="checkbox"/> other:</p>	<p><b>Barriers to not completing objective (check all that apply):</b></p> <p><input type="checkbox"/> forgot</p> <p><input type="checkbox"/> lack of ability or didn't know how</p> <p><input type="checkbox"/> confused about how to do it</p> <p><input type="checkbox"/> fear or avoidance of task</p> <p><input type="checkbox"/> just not motivated</p> <p><input type="checkbox"/> other:</p>