

# CLIENT GOALS AND OBJECTIVES

NAME \_\_\_\_\_ WEEK \_\_\_\_\_ DATE \_\_\_\_\_ 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><br>0            1            2            3            4<br>not at all   somewhat   moderately   very   completely<br>motivated   motivated   motivated   motivated   motivated |  |  |  |  | <b>What is your level of motivation to do this objective?</b><br>0            1            2            3            4<br>not at all   somewhat   moderately   very   completely<br>motivated   motivated   motivated   motivated   motivated |  |  |  |  | <b>What is your level of motivation to do this objective?</b><br>0            1            2            3            4<br>not at all   somewhat   moderately   very   completely<br>motivated   motivated   motivated   motivated   motivated |  |  |  |  |
|                                                                                                                                                                                                                                               |  |  |  |  |                                                                                                                                                                                                                                               |  |  |  |  |                                                                                                                                                                                                                                               |  |  |  |  |
| <b>How well does this objective match with a goal?</b><br>0            1            2            3            4<br>not at all   somewhat   moderately   very much   completely<br>a match   a match   a match   a match   a match             |  |  |  |  | <b>How well does this objective match with a goal?</b><br>0            1            2            3            4<br>not at all   somewhat   moderately   very much   completely<br>a match   a match   a match   a match   a match             |  |  |  |  | <b>How well does this objective match with a goal?</b><br>0            1            2            3            4<br>not at all   somewhat   moderately   very much   completely<br>a match   a match   a match   a match   a match             |  |  |  |  |
|                                                                                                                                                                                                                                               |  |  |  |  |                                                                                                                                                                                                                                               |  |  |  |  |                                                                                                                                                                                                                                               |  |  |  |  |
| <b>In general, I enjoy this activity.</b><br>0            1            2            3            4<br>strongly   disagree   neutral   agree   strongly<br>disagree                                                                            |  |  |  |  | <b>In general, I enjoy this activity.</b><br>0            1            2            3            4<br>strongly   disagree   neutral   agree   strongly<br>disagree                                                                            |  |  |  |  | <b>In general, I enjoy this activity.</b><br>0            1            2            3            4<br>strongly   disagree   neutral   agree   strongly<br>disagree                                                                            |  |  |  |  |

|                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p align="center"><b>FOLLOW-UP</b></p> <p><b>How easy was it to complete this objective?</b></p> <p>0            1            2            3            4</p> <p>Not at all    somewhat    moderately    very    completely</p> <p>easy            easy            easy            easy            easy</p> | <p align="center"><b>FOLLOW-UP</b></p> <p><b>How easy was it to complete this objective?</b></p> <p>0            1            2            3            4</p> <p>Not at all    somewhat    moderately    very    completely</p> <p>easy            easy            easy            easy            easy</p> | <p align="center"><b>FOLLOW-UP</b></p> <p><b>How easy was it to complete this objective?</b></p> <p>0            1            2            3            4</p> <p>Not at all    somewhat    moderately    very    completely</p> <p>easy            easy            easy            easy            easy</p> |
| <p><b>How much of this objective did you complete?</b></p> <p>0            1            2            3            4</p> <p>None    25%    about half    75%    totally completed</p>                                                                                                                        | <p><b>How much of this objective did you complete?</b></p> <p>0            1            2            3            4</p> <p>None    a little bit    about half    most    totally completed</p>                                                                                                              | <p><b>How much of this objective did you complete?</b></p> <p>0            1            2            3            4</p> <p>None    a little bit    about half    most    totally completed</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>0            1            2            3            4</p> <p>Not good at all            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>0            1            2            3            4</p> <p>Not good at all            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>0            1            2            3            4</p> <p>Not good at all            okay            really good work</p>                                                      |
| <p><b>Barriers to not completing objective (check all that apply):</b></p> <p>___forgot, ___lack of ability or didn't know how, ___confused about how to do it, ___fear or avoidance of task, ___just not motivated, other _____</p>                                                                        | <p><b>Barriers to not completing objective (check all that apply):</b></p> <p>___forgot, ___lack of ability or didn't know how, ___confused about how to do it, ___fear or avoidance of task, ___just not motivated, other _____</p>                                                                        | <p><b>Barriers to not completing objective (check all that apply):</b></p> <p>___forgot, ___lack of ability or didn't know how, ___confused about how to do it, ___fear or avoidance of task, ___just not motivated, other _____</p>                                                                        |