

# Therapy Goals

<b>Name:</b>	<b>Number/DoB:</b>	<b>Date:</b>
--------------	--------------------	--------------

<b>Goal 1:</b>																						
What steps can I make towards achieving this goal?																						
On a scale of 0 – 10 with 0 being totally not achieved and 10 being totally achieved, how far along the scale am I now, with regard to this goal?																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> <tr> <td colspan="5" style="text-align: left;">Not at all achieved</td> <td colspan="5" style="text-align: center;">Moderately achieved</td> <td colspan="1" style="text-align: right;">Totally achieved</td> </tr> </table>	0	1	2	3	4	5	6	7	8	9	10	Not at all achieved					Moderately achieved					Totally achieved
0	1	2	3	4	5	6	7	8	9	10												
Not at all achieved					Moderately achieved					Totally achieved												

<b>Goal 2:</b>																						
What steps can I make towards achieving this goal?																						
On a scale of 0 – 10 with 0 being totally not achieved and 10 being totally achieved, how far along the scale am I now, with regard to this goal?																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> <tr> <td colspan="5" style="text-align: left;">Not at all achieved</td> <td colspan="5" style="text-align: center;">Moderately achieved</td> <td colspan="1" style="text-align: right;">Totally achieved</td> </tr> </table>	0	1	2	3	4	5	6	7	8	9	10	Not at all achieved					Moderately achieved					Totally achieved
0	1	2	3	4	5	6	7	8	9	10												
Not at all achieved					Moderately achieved					Totally achieved												

<b>Goal 3:</b>																						
What steps can I make towards achieving this goal?																						
On a scale of 0 – 10 with 0 being totally not achieved and 10 being totally achieved, how far along the scale am I now, with regard to this goal?																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">0</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> </tr> <tr> <td colspan="5" style="text-align: left;">Not at all achieved</td> <td colspan="5" style="text-align: center;">Moderately achieved</td> <td colspan="1" style="text-align: right;">Totally achieved</td> </tr> </table>	0	1	2	3	4	5	6	7	8	9	10	Not at all achieved					Moderately achieved					Totally achieved
0	1	2	3	4	5	6	7	8	9	10												
Not at all achieved					Moderately achieved					Totally achieved												