

My Goal Tracker Sample Page

Name: Jane Doe

Date: 8/15/14

I would like to improve:
my balance.

My goal is:
to walk over or around moving obstacles
in the classroom without losing my
balance.

I will accomplish the goal: (choose one)

- 9 out of 10 trials other measurement:
 _____ percent of the time
 _____ minute duration

I will evaluate my goal: (choose one)

- daily weekly monthly quarterly

I will achieve my goal by: 12/31/2014
(date)

