

Goal					
Name of goal setter					
Planned date of completion		Date targets set		Date targets achieved	
Service activity					
Final targets	Ultimate target				
	Intermediate target				
	Definitely achievable target				
	Current target				
Interim targets					
Four perspectives on goals and targets	Society and others	Tangible			
			Myself		
		Intangible			
Analysis of success			Analysis of failure		
Mental					
Skill					
Health					
Lifestyle					
Possible problems			Success		
Mental					
Skill					
Health					
Lifestyle					
Routine activities (List in order of importance)			Key deadlines (List in order of occurrence)		
Activity		Date activity to be performed			
People helping me to achieve my targets					
Help that people are giving me to achieve my targets					