Example of an IMR Goal Tracking Sheet

Name:__*Jane Doe*_____ **Date that Long-term Goal was Set:**__*Oct. 31, 2006*_____

Long-term (Meaningful) Goal: *Have a boyfriend*_____

Achieved (date):   **Modified* (date):**

* Start a new Goal Tracking Sheet if the Long-term Goal is modified or a new goal is set

Short-term Goals (place a √ after steps achieved):

1. Lose weight	**2. Improve hygiene**	**3. Improve conversations**
Steps:	*Steps:*	*Steps:*
1. Eat 1 bag of chips (versus2) √	*1. Separate clean/dirty laundry* √	*1. Draft list of possible topics* √
2. Drink diet soda instead of regular √	*2. Do laundry 2X per week*	*2. Pract. start. conversations* √
3. Walk around my block daily	*3. Brush teeth a.m./p.m.* √	*3. Pract. ending " * √
4. Use splenda in coffee	*4. Shower daily* √	*4. Conversations w/neighbors* √

Start date: _10/31/06__   **Start date:** __11/13/06_____   **Start date:** 12/1/06_____

Date Reviewed: __12/1/06_____   **Date Reviewed:** _12/15/06___   **Date reviewed:** 1/3/07_____

Achieved: Fully   **Achieved:** Fully   **Achieved:** (Fully)
(Partially)   (Partially)   Partially
Not at all   Not at all   Not at all

Modified/Next Steps:	**Modified/Next Steps:**	**Modified/Next Steps:**
1. *Eat 1 bag of pretzels (instead of chips)*	1. *Do laundry 1X per week*	1.
2. *Walk around block every other day*	2. *Comb hair each morning*	2.
3. *Use splenda in coffee*	3.	3.
4.	4.	4.