Pivot Behavioral Health
Goal Log

Instructions: Fill in the date of the first day of the week. For each week, write the **goals** you want to accomplish and then how much you **accomplished** them by marking the scale below each goal: 0 = "Not at all accomplished" to 10 = "Completely accomplished." Try to set specific and achievable goals that can be done at certain places and time. Write down any **notes** below each goal rating.

Date: _____

Goal 1:										
0	1	2	3	4	5	6	7	8	9	10
Notes:										

Goal 2:										
0	1	2	3	4	5	6	7	8	9	10
Notes:										

Goal 3:										
0	1	2	3	4	5	6	7	8	9	10
Notes:										

Goal 4:										
0	1	2	3	4	5	6	7	8	9	10
Notes:										

Goal 5:										
0	1	2	3	4	5	6	7	8	9	10
Notes:										