

WEEKLY GOALS

Name of child:

Name of mentor:

Week Starting:

Goal	Mon	Tue	Wed	Thur	Fri	Sat	Sun

If you manage to achieve goal 1 for a particular day put a tick in the box.

If you do not manage to achieve goal 1 for a particular day put a cross in the box.

Continue as above for all the 5 goals.

Try to be as honest as you can. Sometimes your goals will be easy to achieve. Sometimes they will be hard. It is not as important to achieve all your goals straight away as it is to set yourself a challenge each week so sometimes it might take two or three weeks to achieve your goals. Do not worry if you do not succeed immediately.

To the parent or carer

Please check through the goals your child has set for this week and whether he or she has filled in the boxes accurately. You will see that sometimes it may be hard for your child to achieve a particular goal and all we ask is that they try their best and if they do not achieve the goal every day and they want to set the same goal for the next week that they try to do better the second and subsequent weeks until they are successful or they choose other goals.

If you are happy with your child's assessment of how he has completed the box, can you please sign this form. If you want to talk to your child's mentor or other ReachOut! staff about any of the goals or any other matters please let us know on 0161 226 7633 or email us on info@reachoutuk.org

Parent/carers signature: _____