

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.” Write down any **notes** below each goal rating.

Date: _____

Goal 1:

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

Goal 2:

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

Goal 3:

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

Goal 4:

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

Goal 5:

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