



ACTION PLAN/GOAL SETTING CHILD FORM

WORKSHEET 3.2 in PFS Course Workbook

1. Define 3 major **goals for your child** that you would like your child to achieve. State your goals in behavioral terms.
2. Define the **action steps** you will take to support your child in reaching each goal based on what you have learned during the Pillar for Success course. State the action steps in behavioral terms.
3. Identify the rewards you will use to reward steps achieved toward the goal.
4. Keep track of the weekly progress on each goal with a rating system from 0-5 (0 = no progress; 5 = reaching the goal).
5. When you have achieved a goal work with the child to set a new goal and track progress toward that goal.

GOAL	ACTION STEPS/REWARDS	WEEKLY PROGRESS
#1	_____	Wk 1 _____
	_____	Wk 2 _____
	_____	Wk 3 _____
	_____	Wk 4 _____
	_____	Wk 5 _____
#2	_____	Wk 1 _____
	_____	Wk 2 _____
	_____	Wk 3 _____
	_____	Wk 4 _____
	_____	Wk 5 _____
#3	_____	Wk 1 _____
	_____	Wk 2 _____
	_____	Wk 3 _____
	_____	Wk 4 _____
	_____	Wk 5 _____