



ACTION PLAN/GOAL SETTING ADULT FORM

WORKSHEET 3.3 in PFS Course Workbook

1. Define three major **parenting goals** you would like to achieve that motivated you to attend this class. State your goals in **behavioral terms**.
2. Define the **action steps** you will take to reach each goal based on what you have learned during the class.
3. Keep track of your weekly progress on each goal with a rating system from 0-5 (0 = no progress; 5 = reaching the goal)
4. When you have achieved a goal, 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 _____