

# WEEKLY GOAL-TRACKING SHEET

**Youth Name:** \_\_\_\_\_

- 1) Weekly goals help you reach the long-term and short-term goals you set in your Individualized Mentoring Plan (IMP).
- 2) When setting weekly goals, look for ideas in these sections of your IMP: "Short-Term Goals," "Areas for Growth," and "I Will Do." Write your goal in the "My Weekly Goal" box below.
- 3) Write the date you set your goal in the "Date Set" box. In the "IMP Area" box, circle the area your goal is related to (*Learning, Connecting, Thriving, Working, Leading, Disability*).
- 4) When you meet your goal, write how you did it in the "How I Met My Goal" box. You can also have a teacher, mentor, family member, or friend sign to show you met your goal.

Date Set	My Weekly Goal	IMP Area	How I Met My Goal	Date Met
1/11/2012	Research employers in my area where I could work with animals.	<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <u><i>Working</i></u> <i>Leading</i> <i>Disability</i>	I interviewed a vet tech from a local animal shelter about her job. Signature: <i>Chris Heartsanimals</i>	1/15/2012
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	

Date Set	My Weekly Goal	IMP Area	How I Met My Goal	Date Met
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
		<i>Learning</i> <i>Connecting</i> <i>Thriving</i> <i>Working</i> <i>Leading</i> <i>Disability</i>	Signature: _____	
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