

Goal-Plan-Do-Review Sheet

GOAL

What do I want to accomplish?

PLAN

How am I going to accomplish my goal?

MATERIALS/EQUIPMENT

- 1.
- 2.
- 3.
- 4.
- 5.

STEPS/ASSIGNMENTS

- 1.
- 2.
- 3.
- 4.
- 5.

PREDICTION

How well will I do? How much will I get done?

Self rating	1	2	3	4	5	6	7	8	9	10
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Teacher Rating	1	2	3	4	5	6	7	8	9	10
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DO

PROBLEMS ARISE?

- 1.
- 2.
- 3.

FORMULATE SOLUTIONS!

- 1.
- 2.
- 3.

REVIEW

HOW DID I DO?

Self rating	1	2	3	4	5	6	7	8	9	10
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Teacher rating	1	2	3	4	5	6	7	8	9	10
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WHAT WORKED?

- 1.
- 2.
- 3.

WHAT DIDN'T WORK?

- 1.
- 2.
- 3.

WHAT WILL I TRY DIFFERENTLY NEXT TIME? _____

Source: Reprinted with permission from Ylvisaker, M., Szekeres, S. & Feeney, T. (1998) Cognitive Rehabilitation: Executive Functions. (pp. 244) In M. Ylvisaker (Ed.) Traumatic Brain Injury Rehabilitation: Children and Adolescents (2nd Ed.). Boston: Butterworth-Heinemann.

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