

Example of an IEP Goal Tracking Sheet

Name: Jane Doe Date that Long-term Goal was Set: October 31, 2008

Long-term (Meaningful) Goal: Have a boyfriend

Achieved (date):

Modified* (date):

* Start a new Goal Tracking Sheet if the Long-term Goal is modified or a new goal is set

Short-term Goals (place a \checkmark after steps achieved):

1. Lose weight

Steps

1. Eat 1 bag of chips (versus 2)
2. Drink diet soda instead of regular
3. Walk around my block daily
4. Use Splenda in coffee

Start date: 10/31/2006

Date reviewed: 12/1/2006

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

1. Eat 1 bag of pretzels (instead of chips)
2. Walk around block every other day
3. Use Splenda in coffee
- 4.

2. Improve hygiene

Steps

1. Separate clean/dirty laundry
2. Do laundry 2X per week
3. Brush teeth a.m./p.m.
4. Shower daily

Start date: 11/13/2006

Date reviewed: 12/15/2006

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

1. Do laundry 1X per week
2. Comb hair each morning
- 3.
- 4.

3. Improve conversations

Steps

1. Draft list of possible topics
2. Pract. start. conversations
3. Pract. ending conversations
4. Conversations w/neighbors

Start date: 12/1/2006

Date reviewed: 1/3/2007

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Example of an IMR Goal Tracking Sheet

Name: _____ Date that Long-term Goal was Set: _____

Long-term (Meaningful) Goal: _____

Achieved (date): _____

Modified* (date): _____

** Start a new Goal Tracking Sheet if the Long-term Goal is modified or a new goal is set*

Short-term Goals (place a \checkmark after steps achieved):

1. Lose weight

Steps

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

2. Improve hygiene

Steps

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

3. Improve conversations

Steps

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

Start date: _____

Start date: _____

Start date: _____

Date reviewed: _____

Date reviewed: _____

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Achieved: Fully
Partially
Not at all

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Modified/Next Steps:

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

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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

Date reviewed: _____

Achieved: Fully
Partially
Not at all

Modified/Next Steps:

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