Treatment plan goals and objectives worksheet

Free template from soapnotes.xyz. Fill it in by hand or type over it.

GOALS AND OBJECTIVES WORKSHEET

Client

Date written:

Review date:

Clinician

PROBLEM

What is getting in the way (one line, in plain words):

How it shows up (what the client does, feels or avoids):

GOAL

The client's goal, in their words:

The goal written so it can be checked (what will be different, how much, by when):

Target date:

OBJECTIVES (2 to 4 small steps toward the goal)

Objective 1

How it will be measured:

Objective 2

How it will be measured:

Objective 3

How it will be measured:

INTERVENTIONS (what the clinician will do)

What you will do, and how often:

Which objective each one supports:

Who else is involved (family, school, other providers):

SAFETY

Asked about thoughts of self-harm, and the answer:

Safety steps in place, if any:

CHECK THE WORDING

Does the goal say what, how much and by when?

Could someone else tell at review whether each objective was met?

Does every objective have an intervention behind it?

Did the client help write it, and agree to it?

STARTER WORDING

Goal: Client will [behavior or result] to [level] by [date], measured by [scale, log or count].

Objective: Client will [action] [number] times per [week] for [number] weeks, recorded in [log, app or session].

Intervention: Clinician will provide [type of session] [how often], and review [skill, log or score] at each session.

Signature and credentials:

Educational template, not medical or legal advice. Follow your employer and regulator rules.