



## Goals for Change - Outcome Goals

**Example:** Be able to play a whole game of netball

0% (Current level): Less than one quarter of a game

25%: Quarter of a game

50%: Half of a game

75%: Three quarters of a game

100% (Aim): Entire game

**Goal 1:** \_\_\_\_\_

0% (Current level): \_\_\_\_\_

25%: \_\_\_\_\_

50%: \_\_\_\_\_

75%: \_\_\_\_\_

100% (Aim): \_\_\_\_\_

**Goal 2:** \_\_\_\_\_

0% (Current level): \_\_\_\_\_

25%: \_\_\_\_\_

50%: \_\_\_\_\_

75%: \_\_\_\_\_

100% (Aim): \_\_\_\_\_

**Goal 3:** \_\_\_\_\_

0% (Current level): \_\_\_\_\_

25%: \_\_\_\_\_

50%: \_\_\_\_\_

75%: \_\_\_\_\_

100% (Aim): \_\_\_\_\_

**Goal 4:** \_\_\_\_\_

0% (Current level): \_\_\_\_\_

25%: \_\_\_\_\_

50%: \_\_\_\_\_

75%: \_\_\_\_\_

100% (Aim): \_\_\_\_\_