

# Target Achievement Tracking

Start date:   /   /

Name: .....

| Target | WEEK 1 | Review | WEEK 2 | Review | WEEK 3 | Review | WEEK 4 |
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*Mark with a tick in the box Week for every day of the week you have achieved a target – so if in week 1 the target is to walk 3 x per week for 20 minutes put 3 ticks in the box. If you did 2 walks in week 1 then put two ticks in the box. Sometimes it can be helpful to write down why you think you did not attain a target. The aim of recording target achievement is to enable you to collect a record of your progress. It can also help identify if a target has been set too high or too low – it is not meant to make you feel bad when you haven't been able to achieve your targets. If you are feeling this way then please mention it in a treatment session. Remember it is best not to increase your activity too quickly or by too much. Also you should aim to increase it by no more than 20%. Thus, a 20 minute walk would be increased by 4 minutes.*