

# Family Goals

3 things I want to achieve for my family by the end of this programme:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Please rate how well you are achieving these goals

Goal	Beginning Week 1	Mid course Week 6	End of Course Week 14
1			
2			
3			

1 \_\_\_\_\_ 7

Not achieving

Achieving well