

GOAL ATTAINMENT SCALE



Goal Attainment Scale

Measures the extent to which a patient's goals are met.

- Once a goal has been identified, rate your current performance on that goal
- Then identify goals according to the scale.
 - -2: Much less than expected
 - -1: Somewhat less than expected
 - 0: Expected performance
 - +1: More than expected
 - +2: Much more than expected

Example:

GOAL <i>Get better grades in math</i>		DATE		
CURRENT PERFORMANCE		<i>Currently have a C+, failed one test and one quiz</i>		
-2	-1	0	1	2
<i>Pass the class with a B-</i> <i>Pass 1 out of 4 quizzes</i> <i>Study 0.5 hours/week</i>	<i>Pass the class with a B</i> <i>Score at least a B- on 1 out of 4 quizzes</i> <i>Study 1 hours/week</i>	<i>Pass the class with a B+</i> <i>Score at least a B- on 2 out of 4 quizzes</i> <i>Study 2 hours/week</i>	<i>Earn a A-</i> <i>Score at least a B- on 3 out of 4 quizzes</i> <i>Study 3 hours/week</i>	<i>Earn an A+</i> <i>Score at least a B next 4 quizzes</i> <i>Study 4 hours/week</i>

Goal Attainment Scaling Workbook

Ying-Ying Zheng

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Goal Attainment Scaling Workbook:

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