

IMR Goal-Tracking Sheet

Use this sheet to record progress toward goals, including steps taken, new steps, new short-term goals, and new recovery goals.

Name: _____

Date that personal recovery goal was set: _____

Personal recovery goal: _____

Personal recovery goal achieved (date): _____ Modified (date): _____

| | | |
|--|--|--|
| Short-term goal related to personal recovery goal: _____ | Short-term goal related to personal recovery goal: _____ | Short-term goal related to personal recovery goal: _____ |
| Steps: 1. _____ 2. _____ 3. _____ 4. _____ | Steps: 1. _____ 2. _____ 3. _____ 4. _____ | Steps: 1. _____ 2. _____ 3. _____ 4. _____ |
| Start date: _____ | Start date: _____ | Start date: _____ |
| Date reviewed: _____ Achieved? <input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not at all | Date reviewed: _____ Achieved? <input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not at all | Date reviewed: _____ Achieved? <input type="checkbox"/> Fully <input type="checkbox"/> Partially <input type="checkbox"/> Not at all |
| Modified/next steps: _____ | Modified/next steps: _____ | Modified/next steps: _____ |

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