

My Goal Progress

Name: S. Rulison

Date: 12.5.22

My goal is: *To have at least 5 back and forth conversation exchanges with at least 3 conversation partners, where I ask at least two questions and make comments, and stay on topic.*

This goal is a (circle one): ☐ Short-Term Goal ☒ Short-Term Goal Related to a Long-Term Goal or Life Goal

1. Write your goal action steps below. 2. Write the date you tried to or completed the action step, and check your progress (whether you did it, did part of it, or didn't or couldn't do it). 3. If you are not making progress, go back a step, or look at breaking the step down more. If you meet all steps set the next goal.

Goal Action Steps	Date 1-Progress	Date 2-Progress	Date 3-Progress	Date 4-Progress	Date 5-Progress	Step Requirements
Step 1: Have 2+ back and forth communication exchanges with 2 conversation partners, asking 1 question and making 1 comment, on 2 dates, and staying on topic, by 12.12.22	Date: 12.6.22 ___ I did it! ___ I did part of it X I didn't or couldn't do it	Date: 12.7.22 ___ I did it! X I did part of it ___ I didn't or couldn't do it	Date: 12.9.22 ___ I did it! X I did part of it ___ I didn't or couldn't do it	Date: 12.10.22 X I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: 12.12.22 X I did it! ___ I did part of it ___ I didn't or couldn't do it	X Met ___ Partly met ___ Did not meet
Step 2: To: have 3+ back and forth communication exchanges with 2 conversation partners, asking 1 question and making 2 comments, on 2 different dates by, 12.30.22.	Date: 12.13.22 ___ I did it! X I did part of it ___ I didn't or couldn't do it	Date: 12.15.22 X I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: 12.17.22 X I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: 12.28.22 ___ I did it! X I did part of it ___ I didn't or couldn't do it	Date: 12.29.22 X I did it! ___ I did part of it ___ I didn't or couldn't do it	X Met ___ Partly met ___ Did not meet
Step 3: To: have 4+ back and forth communication exchanges with 2 conversation partners, asking 1 question and making 3 comments, on 3 different dates by, 1.15.23.	Date: 12.31.22 ___ I did it! ___ I did part of it X I didn't or couldn't do it	Date: 1.2.23 ___ I did it! X I did part of it ___ I didn't or couldn't do it	Date: 1.4.23 X I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: 1.10.23 X I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: 1.14.23 X I did it! ___ I did part of it ___ I didn't or couldn't do it	X Met ___ Partly met ___ Did not meet
Step 4: To: have 4+ back and forth communication exchanges with 3 conversation partners, asking 1-2 questions and making 2-3 comments, on three different dates, by 1.30.23.	Date: 1.16.23 ___ I did it! ___ I did part of it X I didn't or couldn't do it	Date: ___ I did it! X I did part of it ___ I didn't or couldn't do it	Date: X I did it! ___ I did part of it ___ I didn't or couldn't do it	Date: ___ I did it! ___ I did part of it X I didn't or couldn't do it	Date: ___ I did it! X I did part of it ___ I didn't or couldn't do it	___ Met X Partly met ___ Did not meet
Step 5: Have 5+ back and forth communication exchange with two conversation partners, asking 1-2 questions and making 2-4 comments, by 3.1.23	Date: 2.2.23 ___ I did it! ___ I did part of it X I didn't or couldn't do it	Date: 2.9.23 ___ I did it! ___ I did part of it X I didn't or couldn't do it	Date: 2.15.23 ___ I did it! X I did part of it ___ I didn't or couldn't do it	Date: 2.18.23 ___ I did it! ___ I did part of it X I didn't or couldn't do it	Date: 2.26.23 ___ I did it! ___ I did part of it X I didn't or couldn't do it	___ Met ___ Partly met X Did not meet