Goal log

It is also important to review progress towards your goals. This should be done in conversation with your healthcare professional with progress logged on the goal log below.

PARAS Physical Activity Routines After Stroke

Goal	Date set	Review date	Goal achieved Yes / No / Partially	Record any improvements in outcomes e.g. Rivermead Mobility Index	Thoughts about progress e.g. 'I'm very pleased with how I'm doing. My mood has improved'
1.					
2.					
3.					
4.					
5.					