



Patient Goal Planner

Instructions for use

Please choose two or three goals that are important to you to achieve each week but that your symptoms may prevent you from doing.

The aim of the goals is to help to understand the impact of your symptoms on your day to day life over a period of a few weeks. This could support you and your osteopath to understand how to treat your symptoms to give you the best chance of living your life in the way that you want to.

Examples of the goals might include:

- Going shopping once a week
- Preparing dinner three times a week
- Picking the children up from school every day
- Doing the gardening once a week
- Swimming twice a week
- Doing physical activity five days a week
- Working in your office three days a week
- Going out socially twice a week

Each week, think about your goals and record how it went in the weekly box. You might want to score them out of 5 – how well did you achieve your goal this week? You might want to add in any other relevant aspects, for example changes to medication, or other things which prevented you from achieving your goal.

A blank planner is set out on the next page for you to complete. Please feel free to adapt as you wish.

Please fill out your Patient Goal Planner on the next page 

Goal	Week 1	Week 2	Week 3	Week 4	Week 5	Comments

Completed example

Goal	Week 1	Week 2	Week 3	Week 4	Week 5	Comments
Go running three times a week	No – felt v nauseous 0/5	Yes – increased medicines 5/5	Yes – 2 times a week too busy 4/5	Yes 5/5	No – very sick with virus 0/5	
Pick up children from school (fatigue measurement)	No – unable to leave house 0/5	Yes – increased medicines 5/5	Yes 5/5	Yes 5/5	No – very sick with virus 0/5	