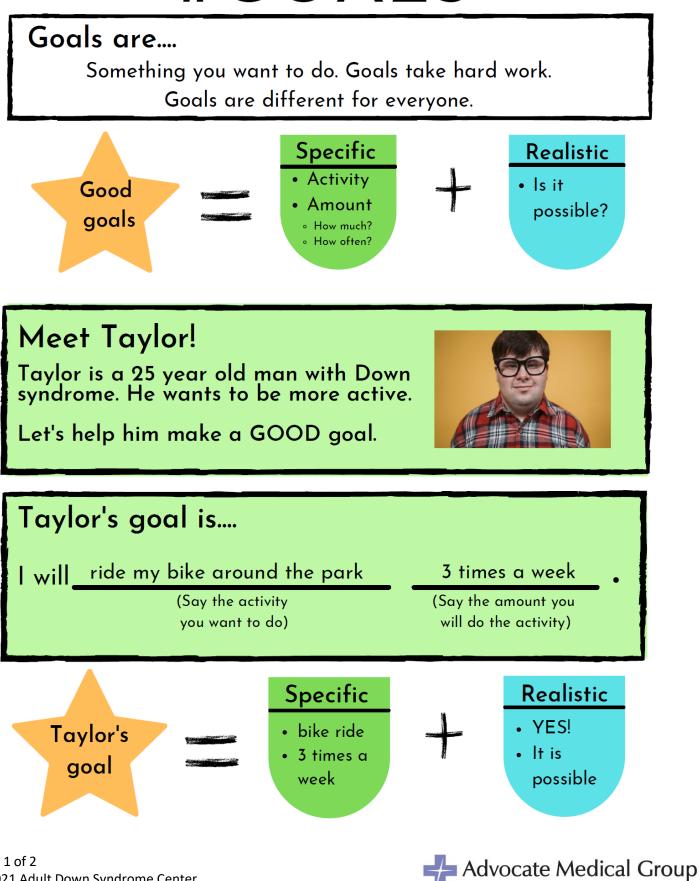
#GOALS



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Goals take work!

Goals should not be too EASY or too HARD. We can write the steps to reach our goal. This is called a plan.

Taylor's Plan is...

What steps should I take to reach my goal?

- 1. Mark 3 days a week on the calendar to ride the bike
- 2. Start biking around the block for practice
- 3. Check the calendar and bike at the park

My goal is.... l will _ (Say the activity (Say the amount you you want to do) will do the activity) My plan is... What steps should I take to reach my goal? _____ 3.