

Supplementary Materials: Figure S1

Example of completed *My Top Goals Form*

My Top Goals Form



Name: Paul Smith Date: 14/05/2020

Card number: 21

Goal 1:

By the end of group,
I will cook meals, such
as spaghetti, at home by
myself

Card number: 2

Goal 2:

I will make a friend my
age who I can hang out
with on weekends

MASTER COPY – Photocopy before use

