


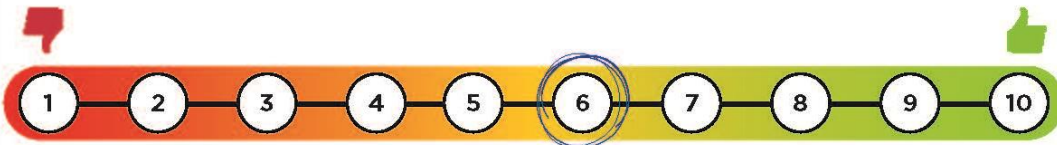
Supplementary materials Figure S2

Example of completed My Goal Tracking Sheet

My Goal Tracking Sheet



Name: <i>Paul Smith</i> Others attending: <i>Jessica (OT) and Simon (Support Worker)</i>	Interests and Strengths: <ul style="list-style-type: none"> • <i>Love food</i> • <i>Like watching YouTube videos to learn how to do something</i> • <i>Creative</i> • <i>Motivated</i> • <i>Good at asking for help</i>
Date: <i>25/06/2020</i> <input type="checkbox"/> Initial Goal Planning <input checked="" type="checkbox"/> Goal Review	
Date of next meeting: <i>30/07/2020</i>	

Goal: <i>By the end of group I will cook meals, such as spaghetti, at home by myself</i>	How are you going with your goal? <div style="text-align: center; margin-top: 10px;">  </div> <div style="display: flex; justify-content: space-around; font-size: small; margin-top: 5px;"> I don't know how to do this/ I'm not doing this I'm learning how to do this/ I'm getting better at this I know how to do this/ I can do this </div>	
What's happening now?	What are the steps?	Who can help you with this? And how?
<i>I found an easy spaghetti recipe on Google</i> <i>I watched a YouTube video of someone making spaghetti</i> <i>I watched a YouTube video about cooking on the stove safely and Luke showed me how to use the stove safely in group</i> <i>I cooked spaghetti in group with Luke helping me</i>	<input type="checkbox"/> <i>Buy all the ingredients with Simon, my support worker</i> <input type="checkbox"/> <i>Practice cooking spaghetti at home with Simon watching</i> <input type="checkbox"/> <i>Practice cooking spaghetti at home while Mum is there</i> <input type="checkbox"/> <i>Cook spaghetti at home by myself</i> <input type="checkbox"/>	Who? <i>Simon</i> How can they help? <ul style="list-style-type: none"> • <i>Help me buy the ingredients I need - on Mondays when we go grocery shopping</i> • <i>Watch me cook spaghetti at home</i> Who? <i>Luke (group mentor)</i> How can they help? <ul style="list-style-type: none"> • <i>Watch me cook spaghetti at home</i>

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