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| **WORKSHEET 4.1A: Goals and Objectives Exercise** |

Use the filled-out Worksheet 4.1B as an example to follow as you complete this exercise.

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| GOAL: |
|  | **Objective 1** | **Objective 2** | **Objective 3** | **Objective 4** |
| **Direction of change** |  |  |  |  |
| **Area of change** |  |  |  |  |
| **Target population** |  |  |  |  |
| **Degree of change** |  |  |  |  |
| **Time frame** |  |  |  |  |

Follow this standard form as you write out your objective statements: To (direction of change) + (area of change) + (target population) + (degree of change) + (time frame).