Name:	Date:	Name:	Date:		
Self-Monitoring Checklist		Self-Monitoring Checklist			
Academic		Academic			
Check off how w you did for each I had all the mat including: paper handouts, and b including: pape	action.    terials I needed    , a pen/pencil,    pooks.    if I didn't    hething.	including: pape handouts, and for hele understand so tried my best assignment.	I did it!     do better       aterials I needed     I did it!       er, a pen/pencil,     I did it!       books.     I didn't		
Reflect on your Choose one action th and one thing that you	nat you would like to improve upon for next time	Choose one action and one thing that y	that you would like to improve upon for next time		
One action I can improve upon for next time is Having my all of my materials Asking for help Trying my best to complete my work Checking my work	One strategy I will use to help improve upon my behavior for next time is Check for all my materials before starting my assignment. I will ask my teacher for help. I will skip problems I don't know and keep going. Other:	One action I can improve upon for next time is Having my all of my materials Asking for help Trying my best to complete my work Checking my work	One strategy I will use to help improve upon my behavior for next time is         Check for all my materials before starting my assignment.         I will ask my teacher for help.         I will skip problems I don't know and keep going.         Other:		

Name: Date:	Name: Date:		
Self-Monitoring Checklist	Self-Monitoring Checklist		
Academic	Academic		
Check off how well you think you did for each action.     Yes!   I had all the materials I needed including: paper, a pen/pencil, handouts, and books.     I asked for help if I didn't understand something.     I tried my best to complete the assignment.     I checked my work before I turned it in.	Check off how well you think you did for each action.       Yes! I can do better         I had all the materials I needed including: paper, a pen/pencil, handouts, and books.       I asked for help if I didn't understand something.         I asked for help if I didn't understand something.       I tried my best to complete the assignment.       I checked my work before I turned it in.		
<ul> <li>Reflect on your Checklist</li> <li>Write 2-3 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.</li> <li>One action I did without help was</li></ul>	<ul> <li>Reflect on your Checklist</li> <li>Write 2-3 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.</li> <li>One action I did without help was</li> </ul>		
One action I could improve upon is	One action I could improve upon is		
Next time, I will	Next time, I will		
F	of the second seco		

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Find more resources at https://goalbookapp.com

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Date:\_\_\_\_\_

Name: \_\_\_\_\_

Self-Monitoring Checklist	Self-Monitoring Checklist		
Academic	Academic		
Check off how well you think you did for each action.	Check off how well you think you did for each action.		
I had all the materials I needed including paper, a pen/pencil, handouts, and books.	I had all the materials I needed including paper, a pen/pencil, handouts, and books.		
I knew what the assignment was before I started my work.	I knew what the assignment was before I started my work.		
I asked for help if I didn't understand something.	I asked for help if I didn't understand something.		
I tried my best to complete the assignment.	I tried my best to complete the assignment.		
I followed the rules while I worked.	I followed the rules while I worked.		
I checked my work before I turned it in.	I checked my work before I turned it in.		
Reflect on your Checklist Write 1-2 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.	Reflect on your Checklist Write 1-2 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.		



Name:	Date:	Name:		Date:	
Self-Monitoring Checklist		Self-	Self-Monitoring Checklist		
		-			
Check off how well you think you did for each action.	Yes! I can I did it! I do better	Check off you did fo	how well you think r each action.	Yes! I did it!	ノ I can J do better
Reflect on your Checklist Write 1-2 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.		Write 1-2 se	Reflect on your Checklist Write 1-2 sentences reflecting on one action you did without help and one action you could improve upon next time and how you will do it.		
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