| 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. | | |
| Reflect on your Checklist 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. One action I did without help was | Reflect on your Checklist 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. One action I did without help was | | |
| One action I could improve upon is | One action I could improve upon is | | |
| Next time, I will | Next time, I will | | |
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Find more resources at https://goalbookapp.com

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Date:_____

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| 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. | | |
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| Name: | Date: | Name: | | Date: | |
|--|-------------------------------------|----------------------|--|-------------------|------------------------|
| Self-Monitoring Checklist | | Self- | Self-Monitoring Checklist | | |
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| 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 |
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| 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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