| Name:  | Date:   |   | Name:   | Date:   |  |  |
|--|---|---|---|---|--|--|
| Self-Monitoring Checklist  |   |   | Self-Monitoring Checklist                         |   |  |  |
| Behavior   |   |   | Behavior  |   |  |  |
| Check off how we you did for each  |   |   | Check off how we you did for each                 |   |  |  |
| $\Delta \Delta$ I followed the class   | ssroom rules.   |   | $\Delta \Delta$ I followed the class              | ssroom rules.   |  |  |
| Used kind words.   |   |   | Uused kind words.                                 |   |  |  |
| I followed the tea   | cher's directions.  |   | I followed the tea                                | cher's directions.  |  |  |
| K I stayed focused.  |   |   | ₭ I stayed focused.                               |   |  |  |
| Reflect on your Checklist<br>Choose one action that you would like to improve upon for next time<br>and one thing that you can do to |   |   | Choose one action th<br>and one thing that yo     | at you would like to improve upon for next time                           |  |  |
| One action I can improve upon for next time is   | One strategy I will use to help improve upon my behavior for next time is |   | One action I can improve<br>upon for next time is | One strategy I will use to help improve upon my behavior for next time is |  |  |
| Following the classroom rules.   | I will ask my teacher for help.   |   | Following the classroom rules.                    | I will ask my teacher for help.   |  |  |
| Using kind words.  | I will write down the directions.   |   | Using kind words.                                 | I will write down the directions.   |  |  |
| Following the teacher's directions.  | I will sit in a different seat.   |   | Following the teacher's directions.               | I will sit in a different seat.   |  |  |
| Staying focused.   | Other:  |   | Staying focused.                                  | Other:  |  |  |
| <b>H</b>   |   | X |   |   |  |  |

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| Name: Date:  | Name: Date:  |  |  |  |
|--|--|--|--|--|
| Self-Monitoring Checklist  | Self-Monitoring Checklist  |  |  |  |
| Behavior   | Behavior   |  |  |  |
| Check off how well you think<br>you did for each action.<br>I followed the classroom rules.  | Check off how well you think<br>you did for each action.<br>I followed the classroom rules.  |  |  |  |
| Ianguage.         I followed the teacher's directions.         I was not distracted and did not distract others.   | Ianguage.         I followed the teacher's directions.         I was not distracted and did not distract others.   |  |  |  |
| <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> | Reflect on your Checklist<br>Write 2-3 sentences reflecting on one action you did without help<br>and one action you could improve upon next time and how you will<br>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  |  |  |  |
| F  |  |  |  |  |

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| Self-Monitoring Checklist  | Self-Monitoring Checklist<br>Behavior  |  |  |  |
|--|--|--|--|--|
| Behavior   |  |  |  |  |
| Yes! I can you did for each action.  | Check off how well you think<br>you did for each action.   |  |  |  |
| I followed the classroom rules.  | I followed the classroom rules.  |  |  |  |
| I used appropriate classroom language.   | I used appropriate classroom language.   |  |  |  |
| I followed the teacher's directions.   | I followed the teacher's directions.   |  |  |  |
| I tried my best to complete my work.   | I tried my best to complete my work.   |  |  |  |
| I communicated with a positive tone and language.  | I communicated with a positive tone and language.  |  |  |  |
| I was not distracted and did not distract  | I was not distracted and did not distract there is a construct the second secon |  |  |  |
| Reflect on your Checklist<br>Write 2-3 sentences reflecting on one action you did without help<br>and one action you could improve upon next time and how you will<br>do it. | Reflect on your Checklist<br>Write 2-3 sentences reflecting on one action you did without help<br>and one action you could improve upon next time and how you will<br>do it.   |  |  |  |
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| Name:  | Date:                               | Name:                |  | Date:             |                        |
|--|-------------------------------------|----------------------|--|-------------------|------------------------|
| Self-Monitoring Checklist  |                                     | Self                 | Self-Monitoring Checklis   |                   |                        |
|  |                                     | -                    |  |                   |                        |
| Check off how well you think you did for each action.  | Yes! I can<br>I did it! I do better | Check off you did fo | how well you think<br>r each action.   | Yes!<br>I did it! | ノ I can<br>J do better |
|  |                                     |                      |  |                   |                        |
|  |                                     |                      |  |                   |                        |
|  |                                     |                      |  |                   |                        |
|  |                                     |                      |  |                   |                        |
|  |                                     |                      |  |                   |                        |
|  |                                     |                      |  |                   |                        |
| Reflect on your Checklist<br>Write 1-2 sentences reflecting on one action you did without help<br>and one action you could improve upon next time and how you will<br>do it.   |                                     | Write 1-2 se         | Reflect on your Checklist<br>Write 1-2 sentences reflecting on one action you did without help<br>and one action you could improve upon next time and how you will<br>do it. |                   |                        |
|  |                                     |                      |  |                   |                        |
|  |                                     |                      |  |                   |                        |
|  |                                     |                      |  |                   |                        |
| E Contraction of the contraction |                                     | 00                   |  |                   |                        |