

My Day

Target behaviors:	1.
	2.
	3.

Reward:

How I think I did at each of these times:	Morning			
	Afternoon			
	Evening			

How my adult thinks I did at each of these times:	Morning			
	Afternoon			
	Evening			

My Day

Target behaviors:	1.
	2.
	3.

Reward:

How I think I did at each of these times:				
				
				

How my adult thinks I did at each of these times:				
				
				

My Goal

My big goal		Some steps I'm taking to get there.	1.
			2.
			3.

Step 1:	How I know I've accomplished it:	Progress I've made:	Date completed:
Step 2:	How I know I've accomplished it:	Progress I've made:	Date completed:
Step 3:	How I know I've accomplished it:	Progress I've made:	Date completed:

My Progress

I am trying to earn: _____
by getting at least _____ points.

	5- GREAT	4- GOOD	3- OKAY	2- FAIR	1- UH OH
Target behavior:					
Target behavior:					
Target behavior:					

I earned my reward by doing

I did not earn my reward but will try again
tomorrow by doing

Learn more about

Self-Monitoring

Recommended Easy Reads:

1. <https://bsci21.org/supercharge-your-goal-setting-with-these-four-simple-rules/>
2. <https://howtoaba.com/implement-self-monitoring-system/>
3. <https://tagteachblog.com/tagteach-tip-how-to-talk-less-and-teach-more/>
4. <https://tagteachblog.com/tagteach-tip-set-observable-goals/>
5. <https://tagteachblog.com/understanding-multitasking/>

Legit Research References

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The Multitasking Mind (Source: Society for Neuroscience) <http://www.brainfacts.org/sensing-thinking-behaving/awareness-and-attention/articles/2013/the-multitasking-mind/>

Vargas, J.S. (2009) Behavior Analysis for Effective Teaching. Routledge Taylor and Francis Group, New York NY. page 12. <http://amzn.to/1Bei5QH>

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