

SELF MONITORING WORKSHEETS



Use the attached data sheets to monitor daily behaviors and/or habits to help evaluate the behavior and change it.

Self-Monitoring involves learning to understand our behaviors/habits, what triggers them into action, and how we can adjust and make positive changes in the future.

Behavior Log – Useful for recording behaviors, what triggered the behavior, and the frequency of the behavior.

Daily Tally Sheet – Useful for recording the instances of one or two behaviors/actions that happen frequently. Record Behavior 1 as the target behavior to **decrease** and Behavior 2 as a target behavior to **increase** or replace the self-monitoring behavior with. Tally each instance in the column and enter the total number of instances that the behavior occurs each week.

Progress Chart – Useful for evaluating progress. Once the data is recorded, using a pencil to trace the frequency of the behavior. This will help you gauge any progress made and how quickly your on track to achieve it.

BEHAVIOR LOG



DATE	BEHAVIOR	TRIGGER	FREQUENCY

DAILY TALLY SHEET



Week of:

	Behavior 1	Behavior 2	Daily Total
Date			
 MON			
 TUE			
 WED			
 THU			
 FRI			
 SAT			
 SUN			
Weekly Totals:			

PROGRESS CHART



Behavior 1

Behavior 2

