

Self-Monitoring Checklist

Goal/Objective:

Date Range:

Instructions:

1. Review this checklist daily/weekly/[your preferred frequency].
2. Mark each item as "Completed" or "Not Completed" based on your actions or behaviors.
3. Reflect on your progress regularly and adjust your strategies as needed.

Items to Monitor:

[Task or Behavior 1]

- Completed
- Not Completed

[Task or Behavior 2]

- Completed
- Not Completed

[Task or Behavior 3]

- Completed
- Not Completed

[Task or Behavior 4]

- Completed
- Not Completed

[Task or Behavior 5]

- Completed
- Not Completed

[Task or Behavior 6]

- Completed
- Not Completed

[Task or Behavior 7]

- Completed
- Not Completed

[Task or Behavior 8]

- Completed
- Not Completed

[Task or Behavior 9]

- Completed
- Not Completed

[Task or Behavior 10]

- Completed
- Not Completed

Additional Notes/Reflections: