Grade/Classroom: _____

Student Name: _____

Student Self-Monitoring: **Behavior Checklist**

Behavior checklists are simple way to 'check off' whether or not you carry out selected behaviors.

How to Use This Behavior Checklist. This behavior checklist can be used before starting an activity to ensure that you are prepared (e.g., before beginning independent work) or after the activity (e.g., at the completion of independent work) to track whether you displayed target behaviors. This behavior checklist form allows you to list up to 6 different behaviors. NOTE: Checklists are an excellent tool at the end of an assignment for you to use to check your work.

How to Set Up the Behavior Checklist: Follow these steps to prepare the checklist:

- *List Behaviors to Be Tracked.* In the left column of the table below, write down up to 6 behaviors to make up your checklist. Good checklist items are those that can be easily verified as 'done' or 'not done' (e.g., arrived to class on time; brought all work materials to class; avoided chatting with classmates during independent work time).
- *Choose a Schedule for Completing the Behavior Checklist.* Decide when you will fill out this checklist (e.g., before or after independent work; at the start or end of the school day; before or after math class).

    I plan to complete this behavior checklist on the following schedule:

    _____.

Behaviors: I engaged in these behaviors...	1 Date ___/___/___	2 Date ___/___/___	3 Date ___/___/___	4 Date ___/___/___	5 Date ___/___/___
•	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
•	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
•	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
•	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No
•	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No	☐ Yes ☐ No