

# Self Monitoring Sheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Using a scale from 3 to 1, rate how you did in each subject.

3 = great

2 = ok

1 = oops

Goal for Today				

How would you describe your performance today?

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Was it harder to meet the goals in some subjects more than others? Why or why not?

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What do you think would help you next time?

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