

SELF-MONITORING CHART

Student Name _____

Date _____

Select a target behavior(s) (e.g., talking without permission). Determine the duration of each self-monitoring session and the number of sessions to be monitored daily. Ask the student to circle a number for each occurrence of the target behavior. After a baseline is established, set up daily goals for the student. Provide reinforcement for improvement.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Target Behavior:	Target Behavior:	Target Behavior:	Target Behavior:	Target Behavior:
SESSION 1	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
SESSION 2	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
SESSION 3	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
SESSION 4	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10
SESSION 5	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10