

Self-Monitoring Checklist

SELF-MONITORING CHECKLIST

Goal/Objective:

Date Range:

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

[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: