

# SELF-MONITORING:

Sample Daily Self-Monitoring Checklist for On-task behavior

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

| <b>At this exact second,<br/>am I reading on task?</b><br> | <b>Yes</b><br> | <b>No</b><br> |
|---|---|--|
| Bell 1  |   |  |
| Bell 2  |   |  |
| Bell 3  |   |  |
| Bell 4  |   |  |
| Bell 5  |   |  |

Adapted from Box 6.1 Daily Self-Monitoring Checklist (see page 150)

Lane, K. L., Menzies, H., Bruhn, A., & Crnobori, M. (2011). Managing challenging behaviors in schools: Research-based strategies that work. New York, NY: Guilford Press.