SELF-MONITORING RESOURCE GUIDE

Recommended readings to get started:

Practitioner Articles


Research Articles


For further learning:

Websites

Intervention Central

How To: Teach Students to Change Behaviors Through Self-Monitoring

[https://www.interventioncentral.org/self_management_self_monitoring](https://www.interventioncentral.org/self_management_self_monitoring)

Books


Referred Journal Articles

