

Work Habits & Effort

Self Monitoring Chart



Part of a growing collection of self-monitoring tools for student success!

Two overlapping 'Work Habits & Effort Self-Monitoring Chart' forms are shown. The top form is on a tablet, and the bottom form is on a piece of paper. Both forms have a header with 'Name:' and 'Date:' fields. Below the header is the title 'WORK HABITS & EFFORT SELF-MONITORING CHART' and a set of directions: 'Directions: For each time of day, mark an X in the box that best describes how much effort you put into your work. Then, reflect on what helped you and what you can do differently next time.' The main body of the chart is a table with four columns: 'Time of Day/ Activity', 'I did my best & worked carefully' (with a happy face emoji), 'I worked but didn't do my best' (with a neutral face emoji), and 'I gave up or didn't put in much effort' (with a sad face emoji). The table has 10 rows. At the bottom of the forms, there are several horizontal lines for reflection and a copyright notice '© The Responsive Educator 2025'.

Supports Focus, Persistence, & Goal-Setting

✨ A Simple, Effective Tool for Self-Monitoring of Work Habits & Effort

Why Do Students Need Self-Monitoring?

Many students struggle:

- staying focused & working carefully
- persisting through difficult tasks
- recognizing when they give up too soon

Studies show that self-monitoring improves:

- perseverance & work ethic
- student accountability
- task completion habits

Common Challenges Teachers Face



Incomplete Work

- Students rush or stop before finishing.



Low Effort

- Work is messy or lacks detail.



Frequent Frustration

- Students give up too quickly.

Two overlapping 'WORK HABITS & EFFORT SELF-MONITORING CHART' forms are shown. Each form includes a header for 'Name:' and 'Date:'. The main title is 'WORK HABITS & EFFORT SELF-MONITORING CHART'. Below the title, there are directions: 'Directions: For each time of day, mark an X in the box that best describes how much effort you put into your work. Then, reflect on what helped you and what you can do differently next time.' The chart consists of a table with four columns: 'Time of Day/ Activity', 'I did my best & worked carefully' (with a happy face emoji), 'I worked but didn't do my best' (with a neutral face emoji), and 'I gave up or didn't put in much effort' (with a sad face emoji). There are six rows for tracking. Below the table, there are three reflection questions with checkboxes: 'What helped me stay focused and put in effort today?', 'What can I do the next time I feel like giving up?', and 'End of Day Teacher Notes (optional)'. The bottom right corner of the forms has a copyright notice: '©The Responsive Educator 2025'.

How This Chart Can Help



Encourages perseverance



Supports goal-setting



Develops responsibility



Backed by research

*Research shows self-monitoring boosts motivation & persistence

Name: _____ Date: _____

WORK HABITS & EFFORT SELF-MONITORING CHART

Directions: For each time of day, mark an X in the box that best describes how much effort you put into your work. Then, reflect on what helped you and what you can do differently next time.

Time of Day/ Activity	I did my best & worked carefully 😊	I worked but didn't do my best 😐	I gave up or didn't put in much effort 😞
	X		
		X	
	X		
	X		
			X
			X

What helped me stay focused and put in effort today?
✓ Sitting away from the door helped me this morning

What can I do the next time I feel like giving up?
💡 I will ask the teacher to move me if my friend keeps talking to me tomorrow.

End of Day Teacher Notes (optional)

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SPECIFIC DETAILS

Write or type in daily
schedule (EDITABLE!)

Student self-
monitoring

Student reflection

Teacher review

Name: _____ Date: _____

WORK HABITS & EFFORT SELF-MONITORING CHART

Directions: For each time of day, mark an X in the box that best describes how much effort you put into your work. Then, reflect on what helped you and what you can do differently next time.

Time of Day/ Activity	I did my best & worked carefully 😊	I worked but didn't do my best 😐	I gave up or didn't put in much effort 😞

✓ What helped me stay focused and put in effort today?

💡 What can I do the next time I feel like giving up?

✍️ End of Day Teacher Notes (optional)

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Name: _____ Date: _____

WORK HABITS & EFFORT SELF-MONITORING CHART

Directions: For each time of day, mark an X in the box that best describes how much effort you put into your work. Then, reflect on what helped you and what you can do differently next time.

Time of Day/ Activity	I did my best & worked carefully 😊	I worked but didn't do my best 😐	I gave up or didn't put in much effort 😞

✓ What helped me stay focused and put in effort today?

💡 What can I do the next time I feel like giving up?

✍️ End of Day Teacher Notes (optional)

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