

On-Task Self Monitoring Chart



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

The image shows two versions of the 'On-Task Self-Monitoring Chart'. On the left is a printed paper version with a teal border. On the right is a tablet displaying the same chart. Both charts include a header with 'Name:' and 'Date:' fields, followed by the title 'On-Task Self-Monitoring Chart'. Below the title are directions: 'Directions: For each time of day, mark an X in the box that best describes how you stayed on task. 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 was on-task 😊', 'I got a little distracted 😐', and 'I was often off-task 😞'. Each column has six rows for data entry. Below the table, there are three horizontal lines for 'Notes (optional)'. At the bottom of each chart, the copyright notice '© The Responsive Educator 2025' is visible.

Encourages Focus &
Self-Awareness

✨ A Simple, Effective
Tool for Self-
Monitoring of
On-Task Behavior

Why Do Students Need Self-Monitoring?

Many students struggle:

- staying focused during activities & lessons
- avoiding distractions & completing work
- recognizing when they are off-task

Studies show that self-monitoring improve:

- increases focus and attention
- reduces task avoidance
- encourages accountability for work completion



Frequent Distractions

- Students struggle to remain engaged.



Incomplete Work

- Task avoidance leads to unfinished assignments.



Lack of Self-Awareness

- Students don't realize when they are off-task & don't bring themselves back to task.

Common Challenges Teachers Face

On-Task Self-Monitoring Chart

Name: _____ Date: _____

Directions: For each time of day, mark an X in the box that best describes how you stayed on task. Then, reflect on what helped you and what you can do differently next time.

Time of Day/Activity	I was on-task 😊	I got a little distracted 😐	I was often off-task 😞

☒ What helped me stay on-task today?

☐ What can I do better tomorrow?

☐ End of Day Teacher Notes (optional)

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How This Chart Can Help



Encourages focus & persistence



Supports responsibility

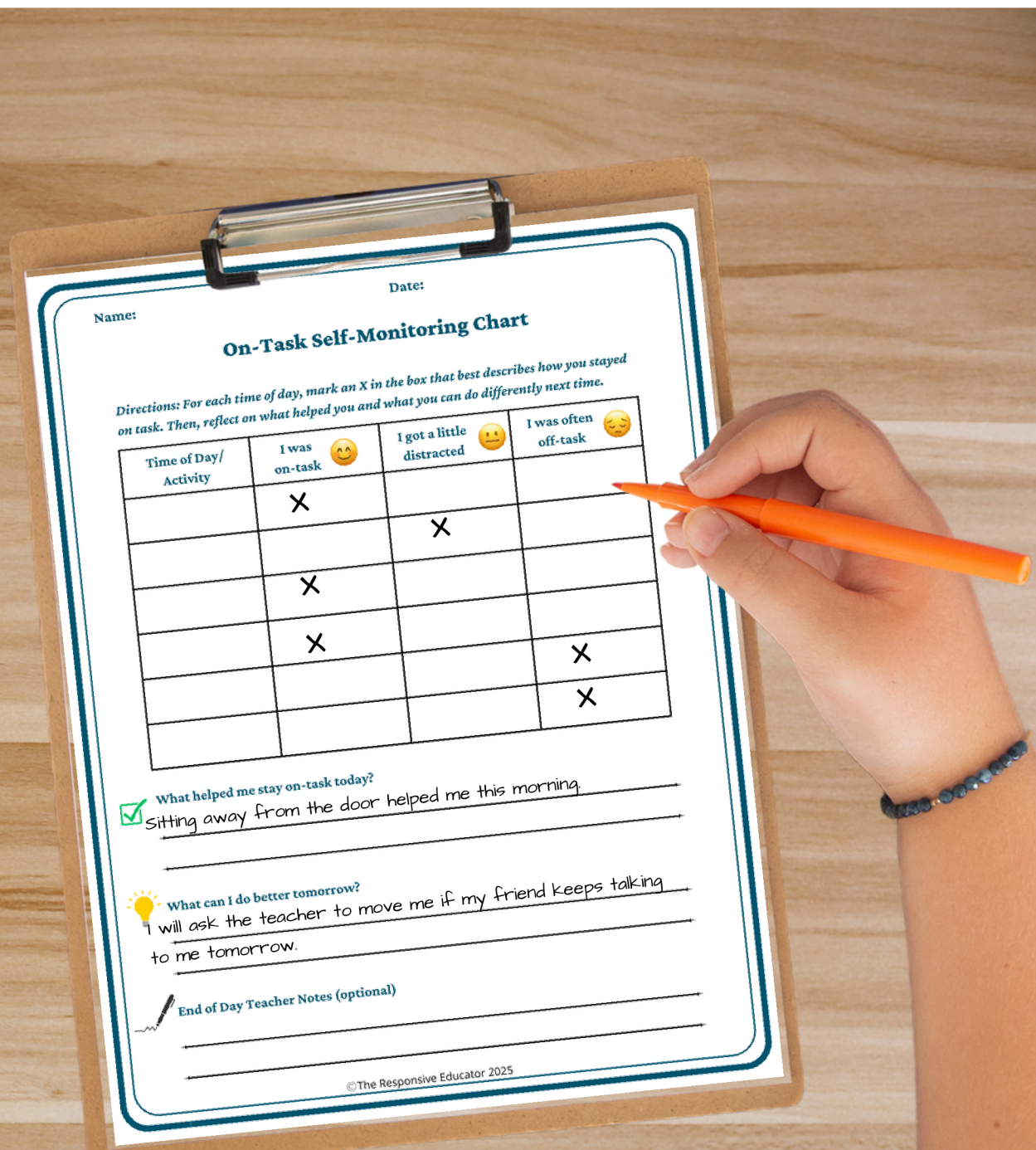


Simplifies teacher tracking



Backed by research

*Research shows self-monitoring improves attention and work completion



SPECIFIC DETAILS

Name: _____ Date: _____

On-Task Self-Monitoring Chart

Directions: For each time of day, mark an X in the box that best describes how you stayed on task. Then, reflect on what helped you and what you can do differently next time.

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✓ What helped me stay on-task today?

💡 What can I do better tomorrow?

✍ End of Day Teacher Notes (optional)

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Write or type in daily schedule (EDITABLE!)

Student self-monitoring

Student reflection

Teacher review

Name: _____ Date: _____

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✓ What helped me stay on-task today?

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