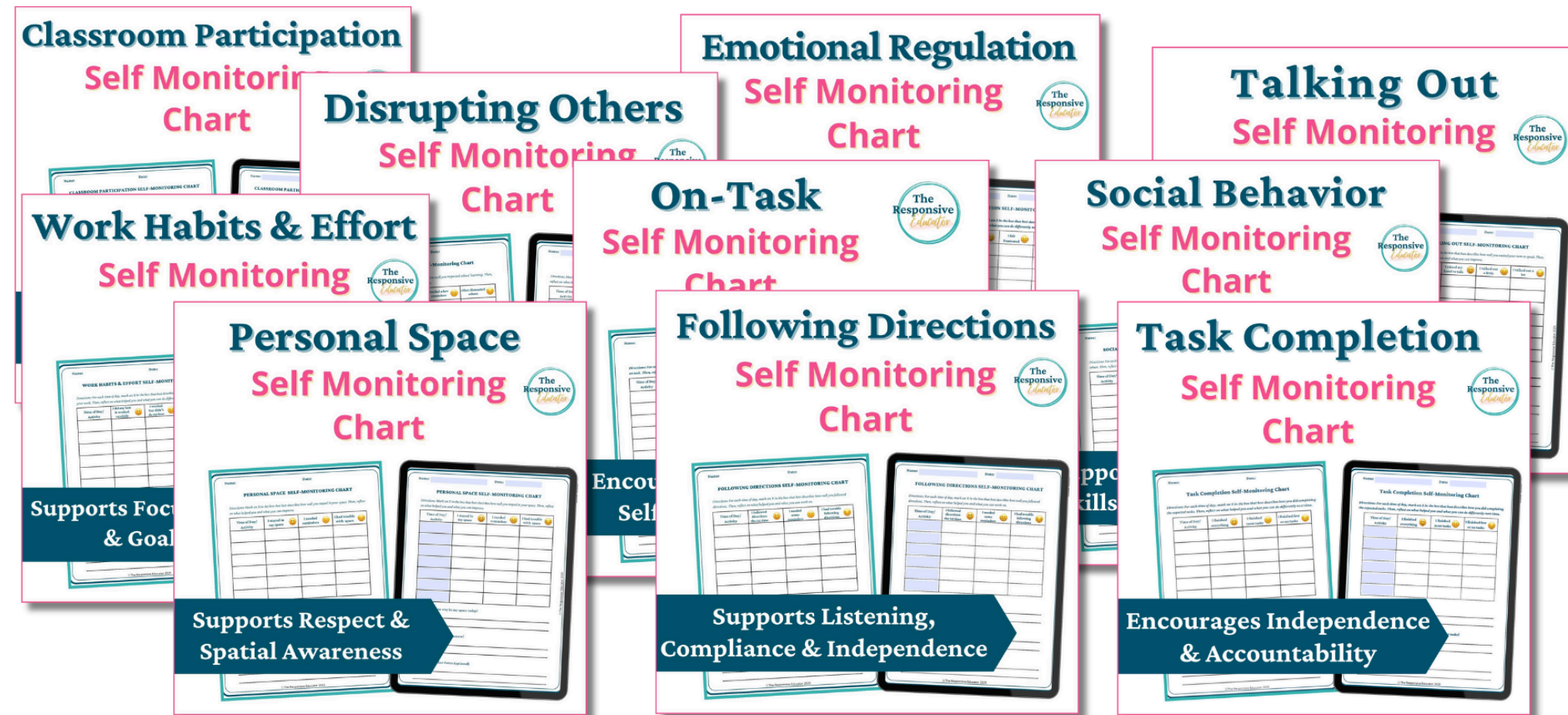


Includes 10 Charts for Self-Monitoring

- ✓ Classroom Participation
- ✓ Disrupting Others
- ✓ Emotional Regulation
- ✓ Talking Out
- ✓ Social Behavior
- ✓ Following Directions
- ✓ On-Task Behavior
- ✓ Personal Space
- ✓ Work Habits & Effort
- ✓ Task Completion

Self-Monitoring Behavior Chart Bundle



10 Self-Monitoring Charts to Build Student Independence



Many students struggle:

- Staying focused & on-task
- Completing work & putting in effort
- Following directions & classroom expectations
- Regulating emotions & interacting with peers

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

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✍ End of Day Teacher Notes (optional)

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Self-Monitoring Helps Students:

- **Develop self-awareness and responsibility**
- **Improve classroom behavior, work habits, and social skills**
- **Build independence and accountability for their actions**

WORK HABITS & EFFORT SELF-MONITORING CHART

Name: _____ Date: _____

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.

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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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Research Shows...

Research shows that self-monitoring improves student engagement, focus, and self-regulation while reducing the need for constant redirections from teachers.



How Does It Work?

- 1 Write or type in daily schedule (EDITABLE!)
- 2 Choose from 6 or 7 time slots to fit your schedule

Name: _____ Date: _____

WORK HABITS & EFFORT SELF-MONITORING CHART

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✍ End of Day Teacher Notes (optional)

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- 3 Students self-monitor throughout the day. Then, they answer two reflection questions.
- 4 Quick teacher review at the end of the day!

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.

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Benefits for Teachers

- ★ Saves Time on Behavior Interventions
- ★ Provides Ready-to-Use Self-Monitoring & Reflection Tools
- ★ Reinforces Student Accountability
- ★ Encourages Student Independence

The image shows two overlapping 'WORK HABITS & EFFORT SELF-MONITORING CHART' forms. The form on the left is on a tablet, and the one on the right is on a piece of paper. Both forms have a header with 'Name:' and 'Date:'. Below the header 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 six rows. Below the table are three sections: 'What helped me stay focused and put in effort today?' (with a green checkmark icon), 'What can I do the next time I feel like giving up?' (with a lightbulb icon), and 'End of Day Teacher Notes (optional)' (with a pencil icon). At the bottom right of each form is the copyright notice '© The Responsive Educator 2025'.