

7 STEPS OF SELF MONITORING

What is the
targeted
behavior?

How will you
collect the
data?

When will
you self
monitor?

What is the
reminder
cue?

Reward or No
Reward?

How Did it Go
with Teacher
Check In?

How Will You
Fade the Self
Monitoring?

Reference: Moohr, M. L., Balint-Langel, K., Taylor, J. C., & Rizzo, K. L. (2021). Practicing Academic Independence: Self-Regulation Strategies for Students with Emotional and Behavioral Disorders. *Beyond Behavior*, 30(2), 85-96.