



# SELF-MONITORING



⇒ **DECIDE WHAT BEHAVIOR YOU WANT TO IMPROVE**



⇒ **DESIGN AND MAKE RECORDING SHEETS**  
**FREQUENCY CHART**  
**INTERVAL CHART**



⇒ **SHOW AND EXPLAIN HOW TO DO THE RECORDING**



⇒ **HAVE STUDENT BEGIN SELF-RECORDING**

⇒ **DO RELIABILITY CHECKS**

