|  |  |
| --- | --- |
| **Am I on task?** | |
| **Yes** | **No** |
| * Listening and following instructions * Working on an assignment * On the correct page, problem, etc * I have the correct materials out in front of me | * Talking to a peer when it is **NOT** partner/group time * Looking around the room * Out of my assigned area |

**My Self-Monitoring Form**

**Student Name**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Directions:** Set your timer for \_\_\_\_\_\_\_minutes. When the timer goes off. Write **YES** if you were paying attention and doing your work during the moment. Check **NO** if you were not paying attention and doing your work. Then reset the timer for the same number of minutes and repeat these instructions until the end of the session. Use the table below to help you.

**Goal:** \_\_\_\_\_\_\_\_\_\_\_\_\_ will be on task for \_\_\_\_\_\_\_% of the time.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Interval** | **Yes or No** | **Interval** | **Yes or No** | **Interval** | **Yes or No** | **Interval** | **Yes or No** |
| 1 |  | 7 |  | 13 |  | 19 |  |
| 2 |  | 8 |  | 14 |  | 20 |  |
| 3 |  | 9 |  | 15 |  | 21 |  |
| 4 |  | 10 |  | 16 |  | 22 |  |
| 5 |  | 11 |  | 17 |  | 23 |  |
| 6 |  | 12 |  | 18 |  | 24 |  |

|  |  |
| --- | --- |
| **Percentage/On-task behavior: To calculate the percentage of on-task behavior for this session.**   1. Add up the number of Yeses 2. Divide that number by the total number of intervals rated 3. Multiply your answer by 100 | **% On-Task**  \_\_\_\_\_\_\_% |

Did you meet your goal?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_