

Self Monitoring Checklists

Students

Name _____ Grade _____ Date _____
Self Monitoring Checklists

Academic Progress Self-Monitoring Checklist

Purpose: Track homework, assignments, and study habits.

Today's Tasks

- ☐ Did I write down all assignments/homework?
- ☐ Did I complete all tasks on time?
- ☐ Did I check my work for mistakes before submitting it?
- ☐ Did I ask for help when I didn't understand something?

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Behavior and Classroom Engagement

Category Checkpoint Done ☐

Daily Behavior

- ☐ Did I stay focused during lessons?
- ☐ Did I follow classroom rules?
- ☐ Did I raise my hand to speak?
- ☐ Did I ask for help when I didn't understand something?

Participation

- ☐ Did I participate in group work or discussions?
- ☐ Did I complete my in-class work?
- ☐ Did I stay positive even when things were challenging?

Reflection

- ☐ Did I try my best today? Yes / No
- ☐ How can I improve my focus tomorrow?

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Time Management Checklist

Purpose: Help students structure their day and prioritize.

Morning Routine

- ☐ Did I prepare everything I needed for school?
- ☐ Did I eat a healthy breakfast?
- ☐ Did I arrive on time for school or class?

Planning

- ☐ Did I write down my goals for today?
- ☐ Did I break my tasks into smaller steps?
- ☐ Did I take a break at a time when I needed it?

Time

- ☐ Did I manage my time wisely?
- ☐ Did I finish my homework on time?
- ☐ Did I take a break when I needed it?

Reflection

- ☐ Did I stay on track today?
- ☐ Did I manage my time well?
- ☐ Did I finish my homework on time?

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Emotional Well-being Checklist

Purpose: Help students monitor their emotional state and coping strategies.

Category

- ☐ Did I notice how I was feeling at different times today?
- ☐ Did I take a moment to understand why I felt that way?

Positive Thinking

- ☐ Did I express my feelings appropriately (talking, writing, or drawing)?
- ☐ Did I think about something positive today?
- ☐ Did I challenge negative thoughts and replace them with positive ones?

Kindness to Myself

- ☐ Did I give myself credit for something I did well today?
- ☐ Did I take care of my body today (eating, drinking water, sleeping)?
- ☐ Did I speak kindly to myself when I made a mistake?

Reflection

- ☐ Did I remain calm when I felt stressed?
- ☐ Did I use my coping strategies effectively?
- ☐ Did I feel better at the end of the day?

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