

PREMIUM MEGA BUNDLE

Student Self-Monitoring Behaviour Toolkit

Goal Cards, Rating Scales, Reflection Sheets & More

Building Student Ownership & Reducing Teacher Labour
Through Evidence-Based Self-Monitoring Practices

6 TRACKING
FORMS

VISUAL CUE
CARDS

DATA
GRAPHING

BEHAVIOUR
CONTRACT

PARENT
LETTER

Grades 2 – 8

UM PRINTABLES

PREMIUM EDUCATIONAL RESOURCES

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Implementation Guide & Timeline

Successful self-monitoring does not happen overnight. It requires a phased approach that gradually builds student independence. Rushing the process leads to frustration and inaccurate self-assessment. The timeline below provides a recommended sequence for introducing self-monitoring in your classroom, from initial teaching to full student independence.



Week 1–2: Teach & Model

Introduce the concept of self-monitoring to the whole class or small group. Use think-alouds to demonstrate how to observe and rate your own behaviour. Practise with hypothetical scenarios. Have students role-play self-evaluation using sample forms. Do not begin actual data collection yet — focus on understanding the process and building comfort with honest self-reflection.



Week 3–4: Guided Practice

Begin using the forms with 2–3 teacher check-ins per day. The teacher initiates each check-in, walks through the form with the student, and provides immediate feedback on accuracy. Focus on one form at a time — start with the simplest option (e.g., Form B: Interval Tracker) before introducing more complex forms. Use this phase to build the habit of self-reflection and data recording.



Week 5–6: Monitored Independence

Reduce teacher check-ins to 1 per day. Students complete forms independently, and the teacher reviews at the end of the day or during a designated time. Begin using the Weekly Reflection Sheet and Data Graphing Sheet to help students see patterns in their behaviour. This is where metacognition deepens — students start connecting their choices to outcomes.



Week 7+: Full Independence

Once the student accurately rates themselves for 5 consecutive days, move to weekly check-ins only. Students manage their own monitoring, graph their own data, and set their own goals. The teacher's role shifts to periodic review and celebration. Use the Monthly Progress Report to track long-term growth and inform parent communication.

Pro Tip: Differentiate by Age

For Grades 2–3, stay in the Guided Practice phase longer (4–6 weeks) and use simpler forms like Form B (Interval Tracker) and the Visual Cue Cards. For Grades 6–8, students may move to Monitored Independence within 2 weeks and appreciate the autonomy of Forms A and C, as well as the Data Graphing Sheet.

Weekly Goal Card — Daily Check-In

Each day, check in with yourself: Did you meet your goal? Be honest — that is how you grow! At the end of the week, reflect on what went well and what you want to change.

DAILY CHECK-IN: DID I MEET MY GOAL TODAY?

MONDAY ☐ Yes ☐ Not Yet

TUESDAY ☐ Yes ☐ Not Yet

WEDNESDAY ☐ Yes ☐ Not Yet

THURSDAY ☐ Yes ☐ Not Yet

FRIDAY ☐ Yes ☐ Not Yet

END-OF-WEEK REFLECTION: WHAT WENT WELL?

WHAT WILL I DO DIFFERENTLY NEXT WEEK?

STUDENT SIGNATURE

TEACHER SIGNATURE

Form B: Interval Tracker (AM/PM)

This form is perfect for younger students (Grades 2–3) or students who get overwhelmed by too many check-ins. It breaks the day into larger, manageable chunks: Morning, Mid-Day, and Afternoon. The simplicity of three check-in points makes it less intrusive while still providing meaningful data. The daily total score gives students a concrete number to track over time, which can be graphed using the Data Graphing Sheet in Section 15.

INTERVAL TRACKER (AM / PM)			
STUDENT NAME		DATE	
3 I did great! 2 I tried my best. 1 I need to try again.			
TIME OF DAY	MY RATING	TEACHER RATING	NOTES / GOAL
Morning (Arrival – Recess)			
Mid-Day (Recess – Lunch)			
Afternoon (Lunch – Dismissal)			
Daily Total Rating: _____ / 9 Possible Points			
Teacher Note to Student: 			

Student Data Graphing Sheet

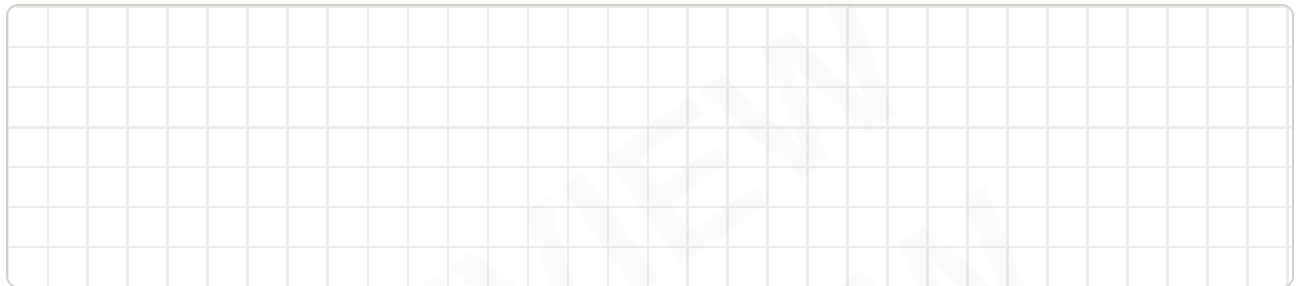
One of the most motivating aspects of self-monitoring is seeing progress visualised. This graphing sheet allows students to plot their daily scores and watch their trend line grow over time. The visual representation makes abstract behavioural data concrete and tangible. Students who can see their improvement are more likely to maintain their efforts and set increasingly ambitious goals. This sheet can be used with any of the tracking forms — simply transfer the daily total to the graph at the end of each day.

MY BEHAVIOUR DATA GRAPH

STUDENT NAME _____

MONTH / WEEK _____

SCORE



DAY OF THE WEEK

KEY:

Plot your daily total score for each day. Connect the dots to see your trend. Are your scores going up, staying the same, or going down?

MY OBSERVATIONS:

Behaviour Contract

A behaviour contract is a formal agreement between the student, the teacher, and optionally the parent. It clearly outlines the expected behaviour, the student's commitment, the support the teacher will provide, and the positive consequences for meeting the agreement. Contracts work best when they are co-created with the student rather than imposed, so involve the student in filling in the details. The act of signing the contract creates a sense of accountability and commitment that verbal agreements alone cannot match.

BEHAVIOUR CONTRACT

STUDENT NAME

DATE

1. My Target Behaviour:

2. What I Will Do:

3. How My Teacher Will Help Me:

4. When I Meet My Goal, I Will Earn:

5. I Will Track My Progress Using:

☐ Daily Rating Scale ☐ Interval Tracker ☐ Target Behaviour Tally ☐ Other: _____

I agree to follow this contract to the best of my ability.

STUDENT SIGNATURE

TEACHER SIGNATURE

PARENT/GUARDIAN SIGNATURE
(OPTIONAL)

Certificate of Achievement

Celebrate student milestones with this certificate. It can be awarded when a student reaches a specific goal, demonstrates consistent self-monitoring accuracy, or achieves a predetermined number of successful days. Public recognition reinforces the value of self-monitoring and motivates other students to engage with the process. Consider displaying certificates on a classroom wall or sending them home for parents to see — this extends the celebration beyond the classroom and strengthens the home-school connection.

Certificate of Achievement

Self-Monitoring Excellence

has demonstrated outstanding commitment to self-monitoring
and has shown remarkable growth in personal responsibility.

AWARDED FOR:

TEACHER SIGNATURE

DATE

What's Inside This Toolkit

29 pages of evidence-based self-monitoring resources

23

SECTIONS

6

TRACKING FORMS

29

PAGES

K-8

GRADES

1 Power of Self-Monitoring
Evidence-based introduction & benefits

2 Implementation Guide & Timeline
7+ week phased rollout plan

3 SMART Goal-Setting Guide
Framework with examples & template

4 Student Self-Monitoring Pledge
Commitment ceremony with signature

5 Weekly Goal Card
Daily check-in & weekly reflection

6 Daily Behaviour Rating Scale
5-point scale with teacher column

7 Interval Tracker (AM/PM)
Morning, mid-day & afternoon ratings

8 Target Behaviour Tally
Frequency counting & goal assessment

9 Task Completion Checklist
Subject-based daily task tracking

10 Group Work Self-Assessment
Collaborative behaviour evaluation

11 Transition Behaviour Tracker
Activity transition monitoring

12 Weekly Reflection Sheet
Success, challenges & next week plan

13 Student Data Graphing Sheet
Visual progress tracking chart

14 Visual Cue Cards
Pocket-size behaviour reminders

15 Behaviour Contract
Student-teacher-parent agreement

16 Teacher Check-In Protocol
1-2 min structured conversation guide

17 Parent Introduction Letter
Editable home-school communication

18 Student Data Folder Cover
Personalized organization system

19 Certificate of Achievement
Milestone celebration template

20 Troubleshooting & FAQ
Solutions to common challenges

21 Final Thoughts
Closing reflections & encouragement

22 TpT Review Request
Support & feedback invitation

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