Self-monitoring Report Form

Name ____________________  ID. ____________

Behavior observed ___________________________

Behavioral definition:

Dates observed: Day 1 ________, Day 2 ________, Day 3 ________

Results:

Day 1: Frequency or duration of the behavior _____________

   Possible antecedents of the behavior:

   Possible consequences of the behavior:

Day 2: Frequency or duration of the behavior _____________

   Possible antecedents of the behavior:

   Possible consequences of the behavior:

Day 3: Frequency or duration of the behavior _____________

   Possible antecedents of the behavior:

   Possible consequences of the behavior:
Total frequency or duration of the behavior for the three days ____________

Did you observe any pattern to your behavior?

What was the main context under which the behavior occurred?

Based on your observations, what do you believe are the main factors affecting the occurrence of this behavior?