

Self-Monitoring Exercise

INSTRUCTIONS:

1. Select one of your own behaviors that you find troublesome or undesirable (Examples: biting your fingernails, smoking, eating between meals, swearing in front of your grandmother, etc.).

A. Choose a behavior that occurs relatively frequently.

B. Choose a behavior that you have tried to change in the past or would like to change.

2. Starting tomorrow, record the frequency of your target behavior every day for one week on the form provided.

3. Before class, graph the frequency of your target behavior on the grid provided.

4. Bring your self-monitoring records to class for discussion.

SELF-MONITORING RECORD

TARGET BEHAVIOR: _____

ESTIMATED FREQUENCY OF BEHAVIOR BEFORE MONITORING:

UNIT OF MEASUREMENT (e.g. number of cigarettes, hours of T.V., etc.):

FREQUENCY OF TARGET BEHAVIOR (Mark each time behavior occurs):

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

GRAPH (plot a graph of the frequency of behavior for each day of the week, using your own units on the frequency axis):

