

Parent Self-Monitoring Template

Self-monitoring is one of the strongest predictors of sustained behavior change. Use this tracker to reflect on your follow-through and notice patterns — without judgment.

Week 1:

[illegible]



What patterns do you notice?

What reinforced your consistency?

Where might small tweaks make a big difference?

Week 2:



What patterns do you notice?

What reinforced your consistency?

Where might small tweaks make a big difference?

Week 3:



What patterns do you notice?

What reinforced your consistency?

Where might small tweaks make a big difference?



What patterns do you notice?

What reinforced your consistency?

Where might small tweaks make a big difference?

Week 5:

[illegible]



What patterns do you notice?

What reinforced your consistency?

Where might small tweaks make a big difference?

Week 6:



What patterns do you notice?

What reinforced your consistency?

Where might small tweaks make a big difference?