

WEEKLY BEHAVIOR INVENTORY

Using the six terms (see journal) on how well you performed each behavioral goal. Use the terms: **exceed** (to well past goal), **great** (I got what I set), **at the end of each week** (write the questions at the bottom of page).

Date	exceed	great	at the end of	at the end of	at the end of	at the end of	at the end of
I was able to remain calm all day							
I was responsible to others all day today							
I managed my emotions well today							
I followed my responsibilities well all day							
I felt good, not at all stressed after school							
I was happy to go to school today							
I completed my (homework) for the day							
I followed my behavior plan for the							
right at least at school all day today							
I was good today (morning/afternoon)							
I was able to meet my responsibilities							
I practiced good hygiene today							

NOTE:

Anastasia's A	Pax's C	Piper's B
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1. Which goal (or goals) did you do best with?

2. Which goal (or goals) did you struggle with the most?

3. How can you do better next week?
