

## WEEKLY BEHAVIOR INVENTORY

Using the six terms (see journal) on how well you performed each behavioral goal. Use the terms: **excellent** to rate your best "goal" if you missed this. At the end of each week circle the questions at the bottom of the page.

Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I was able to remain calm all day							
I was responsible to others all day today							
I managed my emotions well today							
I followed suggestions/requests from all day							
I felt a good job of picking up after myself							
I was honest to all of my interactions today							
I completed my (homework) for the day							
I followed my boundaries and did not							
break at least 10 minutes of exercise today							
I was good today (morning/ evening)							
I was able to avoid suggestions/requests							
I practiced good hygiene today							

NOTE:

Anxiousness in A	Fear in C	Panic in B
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1. Which goal (or goals) did you do best with?

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

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3. How can you do better next week?

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