

WEEKLY BEHAVIOR INVENTORY

Using the six factors (see journal) on how well you performed each behavioral goal, rate the extent to which you did "quite" if you would like. At the end of each week circle the questions at the bottom of the page.

	None	Low	Med	High	Ext	Ind	None
1. I was able to remain calm all day							
2. I was responsible for others all day today							
3. I managed my emotions well today							
4. I followed organizational rules well all day							
5. I felt a great job of picking up after myself							
6. I was honest in all of my interactions today							
7. I completed my (class) for the day							
8. I followed my behavioral plan this							
9. I got a good night's sleep							
10. I was able to avoid organizational conflicts							
11. I practiced good hygiene today							

NOTE:

Anastasia's A	Fae'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?
