

WEEKLY BEHAVIOR INVENTORY

Using the six terms (see journal) on how well you performed each behavioral goal. Use the scale below to rate your week "grade" if you wish. At the end of each week circle the questions at the bottom of the page.

	None	Low	Med	High	Very	Ext	None
Grade: _____							
I was able to remain calm all day							
I was responsible to others all day today							
I managed my emotions well today							
I followed organizational rules all day							
I felt a good job of picking up after myself							
I was honest to all of my interactions today							
I completed my (insert) for the day							
I followed my behavioral plan this							
right at least at intervals of business today							
I was well today (morning/nooning)							
I was able to meet organizational needs							
I practiced good hygiene today							

NOTE:

Assessment in A	Plan in C	Progress in 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?
