

WEEKLY BEHAVIOR INVENTORY

Using the six terms (see journal) on how well you performed each behavioral goal. Use the terms: **excellent** (5), **good** (4), **quite** (3), **fair** (2), **poor** (1). At the end of each week circle the questions at the bottom of the page.

	excl.	good	quite	fair	poor	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 good 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 at least 8 minutes of exercise today						
10. I got good sleep (usually) tonight						
11. I was able to avoid negative thoughts						
12. I practiced good hygiene today						

NOTE:

Anxiousness 1-5	Fear 1-5	Panic 1-5
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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?
