

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.

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/contracts well all day							
I felt good, not at all, after school							
I was honest to all of my interactions today							
I completed my (homework) for the day							
I followed my behavioral contract							
I got at least 8 minutes of exercise today							
I was good today (morning/afternoon)							
I was able to avoid suggestions/contracts							
I practiced good hygiene today							

NOTE:

Excellent (5)	Fair (2)	Poor (1)
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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?
