

Self Management Form

Student Name: Jane

Date: 9/13/04

When you hear the beep put a smiley face in the box if you working on your assignment.

How many times was I working on my assignment when I heard the bell?

My goal is: 5

1	2	3	4	5	6	7	8	9	10
☺	☺			☺	☺	☺			☺

The number of times I was working on my assignment: 6

My goal is to be working on my assignment: 5

I met my goal (yes or no): yes

I will reinforce myself when I meet my goal by: scheduling 30 minutes extra time on the computer