

## Self-Monitoring Fidelity Checklist

The following are the 7 active ingredients associated with an effective self-monitoring intervention. For each of the active ingredients below, put a check mark in the ones that have been implemented when delivering this intervention.

- Identified of positively behaviors that the student will self-reflect upon and self-record on a chart
- Developed a self-monitoring chart/form that the students uses to record his/her behavior
- Determined the optimal length of each self-monitoring interval based on the frequency of the child's baseline behavior
- Device or natural break was used to prompt the student to self-reflect and self-record behavior
- Trained the student (e.g., tell-show-do) in using the self-monitoring system
- Established a goal and included a positive reinforcement component attached to self-monitoring chart (increases the value or meaning of self-reflection and recording)
- Teacher conducted periodic honesty check to ensure that student is accurately recording behavior

Total Self-Monitoring Fidelity Score (# of ✓/7) = \_\_\_\_\_%