

1- Target not met  
 2- Target partially met  
 3- Target met  
Week starting:

Target A:  
 Target B:  
 Target C:  
 Target D:

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>P.1</b>		<b>P.1</b>		<b>P.1</b>		<b>P.1</b>		<b>P.1</b>	
A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3
C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3
<b>P.2</b>		<b>P.2</b>		<b>P.2</b>		<b>P.2</b>		<b>P.2</b>	
A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3
C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3
<b>P.3</b>		<b>P.3</b>		<b>P.3</b>		<b>P.3</b>		<b>P.3</b>	
A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3
C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3
<b>P.4</b>		<b>P.4</b>		<b>P.4</b>		<b>P.4</b>		<b>P.4</b>	
A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3
C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3
<b>P.5</b>		<b>P.5</b>		<b>P.5</b>		<b>P.5</b>		<b>P.5</b>	
A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3
C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3
<b>P.6</b>		<b>P.6</b>		<b>P.6</b>		<b>P.6</b>		<b>P.6</b>	
A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3
C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3
<b>P.7</b>		<b>P.7</b>		<b>P.7</b>		<b>P.7</b>		<b>P.7</b>	
A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3	A- 1 2 3	B- 1 2 3
C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3	C- 1 2 3	D- 1 2 3
Acceptable score: 77 /84 Total score: /84 Pass Fail		Acceptable score: 77 /84 Total score: /84 Pass Fail		Acceptable score: 77 /84 Total score: /84 Pass Fail		Acceptable score: 77 /84 Total score: /84 Pass Fail		Acceptable score: 77 /84 Total score: /84 Pass Fail	
Parents' signature		Parents' signature		Parents' signature		Parents' signature		Parents' signature	

You can use this resource in different ways:

1. This can be a very useful self-monitoring tool for children. It is a great way to make them think about what they have not done so well so far and to make them aware of how they can improve. It encourages them to take responsibility for their own progress, which is a very maturing experience.
  - In order to come up with targets, I suggest using the Self-Improvement Plan on this page. However, you can simply sit down with your kids and discuss targets with them, according to information you have received from teachers or to what they feel they need to work on. It is very important to listen to their input. Targets must always be phrased in a POSITIVE way. For instance, if your child has a problem with time keeping, the target to meet will be: “Arrive to class on time” and not “do not be late to class”. Find targets that affect the general progress of the student and that usually apply to all subjects. Examples of common targets could be: Be punctual, be organized, always pay attention to the teacher, remain focused at all times, complete work/homework, be neat, be respectful to teachers and peers, etc.
  - Once you have decided on your targets, you must do two very important things: First decide on the acceptable score. This can be changed after the first week to make it tougher! On the example above, for a 7-period-day, the maximum total possible would be 84 (3 points per target met, 4 targets and 7 classes). The acceptable total shown is for an average of one target partially met per class while the others were fully met. It could also be one target not met in one class, but all 4 targets met in the next 2 classes and so on. In this case, the student is challenged to lose **no more** than 7 points per day. Secondly, you must agree on sanctions and rewards to implement at the end of the week. If every day is a pass, there will be a reward or the cancellation of a previous sanction. You can come up with different sanctions based on the number of fails.
  - Then, this is how it works: Your child will take this paper to school and after each class, will self-assess whether his/her targets were met by circling the correct score. This is why it is very important to have the student’s input in the choice of targets, so that all targets are something he/she feels can be achieved. You’ll be amazed at how efficient this is. Kids get a sense of responsibility and empowerment having to follow their own rules!
  - The circled scores are totaled at the end of the day and discussed at home later. It is important to spend a few minutes looking at where the student went wrong and positively reinforcing what needs to be done. It is also extremely important to congratulate him or her on all the high scores.
  - You can keep this going for a maximum of 3 weeks. It has to be a way for the student to become aware of the issues and learn how to solve them. Once they can do it with the form, it means that they can do it. State this from the beginning so that students know that this is something to help them start on a new better path and once they see the benefits, they will do it naturally.
2. Another way is to organize the monitoring with the school and your child’s teachers, if a similar system is not already in place at school. You will need to decide on targets in the same way but with more communication with the school’s administration and teachers. The same monitoring system will take place, but this time, each teacher will spend a few seconds at the end of each class to do the assessment. The student will be responsible for ensuring that teachers get the form at the beginning of the class and are aware of the targets. Any class missed will result in a 0 score, so that the student realizes the importance of this responsibility. It also shows that he/she is committed to change what is making his/her life more difficult at school. You can have teachers sign for each class. The debriefing will be the same at the end of the day. At the end of each week, you can contact the tutor, or Home Room teacher or the school’s administration for feedback. Again, it should only be used for 2-3 weeks maximum.
3. Finally, you can adapt this system to your own home to monitor your child’s behavior and attitude. Instead of having classes, you can have different times of the day, activities, etc... For instance the first row could be “before school”, the second could be “football practice” or “Guitar lesson”, the third one could be “homework”, the 4<sup>th</sup> one “dinner” and the 5<sup>th</sup> one “bed time”, etc. Targets could include: Be ready on time, be respectful, work efficiently, etc. The same scoring system applies as well as the sanctions and rewards.