

# Self-Monitoring Contract

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## Daily Report Card

\*Remember: 8 out of 10 “Yes” responses = 5 points  
A “3” to “5” behavior rating = 5 points

If your points = 10 for the day, you get 10 minutes of free time in your study class.

You get 2 extra credit points EACH TIME you get a “5” for behavior from your teacher.

A total of 10 points for 4 consecutive days = A tangible reward of your choice and the points will go toward your overall grade in L.O.C. and/or study class.

For the teacher:  
Record points here--

Dates	Mon.	Tues.	Wed.	Thurs.	Fri.