









Self-Management

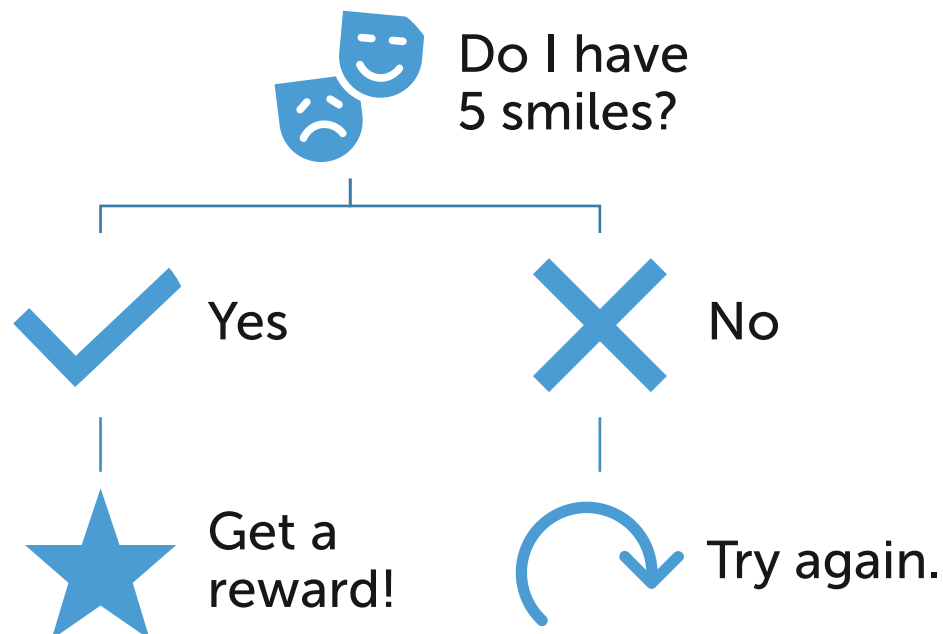
Directions:

At the end of each of the 5-time intervals, circle whether you practiced the target behavior/skill. After the fifth or last time interval, determine if you get a reward.

Target Behavior/Skill:

1	2	3	4	5
 	 	 	 	 

How many smiles do I have?



Do I get a reward?

(Adapted from AFIRM Module: Self-Management)