

Meta-Monitoring Diary

Each day, before bed, practice meta-monitoring. On a scale of 1-100, rate how well you adhered to YOUR program today. Evaluate yourself for a moment. How well did you do in relation to your goals? How well did you adhere to your program? How would you rate your effort and intention today? This should only take a few moments. Keep track of your progress by printing out a number of the meta-monitoring sheets or by simply writing your score and observations in your journal.

Example:

Date: 9-13-2016
Score: 85
Thoughts and observations: I began the day well, but my impromptu lunch meeting with my boss threw me off track and I over ordered. Didn't skip the gym, however, and ate a healthy dinner. Proud of myself for that.



Date:
Score:
Thoughts and observations:

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Score:
Thoughts and observations:



