1. **What is self-monitoring?**
2. Paying attention to what you are doing
3. Recording what you do
4. Both a and b
5. Scheduling your day
6. **How do people record the activities they self-monitor?**
7. By thinking about them
8. By checking off items in a checklist or entering them in an electronic app
9. By making lists of things that are important to them
10. By writing down things they do no matter what
11. **Why would someone self-monitor?**
12. To do more of the things that are important
13. To do less of the things that are important
14. To make things more difficult
15. Only because someone tells them to
16. **What activities are good to self-monitor?**
17. Ones that support a goal that's important to you that you do regularly
18. Ones that are not very important
19. Ones that support a goal that's important to you that you rarely do
20. Ones that don't support a goal that you have
21. **When should someone self-monitor in the moment?**
22. If waiting might mean they forget
23. If monitoring helps them better do the activity
24. When they feel like it
25. Both a and b
26. Making a list of meals you plan to eat this week
27. **An example of a long-term goal is**
28. Graduating from college
29. Finishing today's homework assignment
30. Attending a lecture you are interested in
31. Making a list of meals you plan to eat this week
32. **An example of self-monitoring is**
33. Trying to remember to get things done
34. Keeping track on a piece of paper how much time you spend working out
35. Having someone else keep track of how much time you work out
36. Telling someone how much time you work out