Self-monitoring and self-evaluation of attempts at behaviour change help to determine:

- Whether the behaviour is actually changing
- How much the behaviour is changing
- Why the behaviour might not be changing
- Why the behaviour is changing
- How behaviour change makes one feel

**What should we monitor?**

1. **Behavioural patterns** in relation to the goal
2. **Immediate reactions** to behaviour change attempts
3. **Changes in well-being** after behaviour change attempts

**What can be learnt?**

- **Frequency of efforts** required to resist the old behaviour or instigate the new one
- **Perceived difficulty** of resisting the old behaviour or instigating the new one
- **Frequency of failure** to act as planned
- **Reactions** to slow progress and potential diminishing self-efficacy

- Are each of these **declining** over time?
- What **strategies** could be put in place to speed progress?
- What has been the **success** of strategies used to date?
What is required?

1. **Keeping good records**
   - Digital apps and tools (e.g. Habitica) can be particularly helpful

2. **Taking appropriate action**
   - Relevant rewards for achievements and remedial action for inadequate progress

**SELF-MONITORING METHODS**

- Keeping a diary (Apps can be useful here)
- Glucose check
- Wearing an accelerometer (e.g. Fitbit)
- Blood pressure machine

**MONITORING CHANGES TO WELL-BEING**

Monitor changes in well-being that might be related to behaviour change

**If positive, it shows:**
- Life can be better
- Feared negatives have not occurred

**If negative, consider:**
- Is the effect temporary?
- How can you minimise negatives?

**GOAL REVIEW**

- If goal **was met**, ask:
  - Can we make the goal slightly more challenging?

- Amend goal if needed

- If goal **was not met**, ask:
  - Was the goal too ambitious?
  - Was the goal not specific enough?

- Amend goal if needed

**Avoid reviews when actively facing challenges**

It is important to be as objective as possible. Reviewing a goal when feeling deflated may colour judgement.
YOUR TURN!

What behaviours do you need to monitor?

How will you monitor these? For example, what app will you download?

How did you feel after your behaviour change attempt?

At what time during the day will you set aside 5 minutes to review your progress?