## Check-In/Check-Out Plan

**Student Name:** ______________________________  **Grade:** ______

<table>
<thead>
<tr>
<th>Date</th>
<th>Daily Check-In Goals</th>
<th>Check-Out Reflection:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>0= Did not attempt; it was a really difficult day.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1= Attempted; I needed a lot of reminders.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2= Progressed; I stayed on track and needed a few reminders.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3= AWESOME! Attempted; I stuck with it and succeeded.</td>
</tr>
</tbody>
</table>

A.  

B.  

A.  

B.  

A.  

B.  

A.  

B.  

A.  

B.  

A.  

B.  

**Weekly average score/notes:**

From Laura Wheeler, via Edutopia