

Attention Checks

Attention Checks is a helpful self-monitoring strategy used to boost efficiency and productivity when working or studying. This tool will help you monitor, sustain, and evaluate your attention while completing your tasks.

- 1) Choose the task you want to complete
- 2) Pick the total length of time you want to work/study
- 3) Choose your number of attention check intervals, and the length of your intervals. The interval lengths should be based on how long you typically sustain full attention.
- 4) Set a timer for the interval time of your choosing (e.g. 5 mins, 10 mins, 15 mins)
- 5) When the timer goes off, determine whether you are on task (Y) or off task (N), and mark the corresponding interval box. If you find that you're off-task, redirect yourself!
- 6) After the study session, evaluate how many times you were on or off-task, and adjust your approach accordingly.

Task(s):	Date:							
Total study session length:								
Interval lengths: 5min 10min 15 min other: _____								
Interval Number								
Time:	1	2	3	4	5	6	7	8
On-task? Y or N								

Task(s):	Date:							
Total study session length:								
Interval lengths: 5min 10min 15 min other: _____								
Interval Number								
Time:	1	2	3	4	5	6	7	8
On-task? Y or N								

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Total study session length:								
Interval lengths: 5min 10min 15 min other: _____								
Interval Number								
Time:	1	2	3	4	5	6	7	8
On-task? Y or N								



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Task(s):

Date:

Total study session length:

Interval lengths: 5min 10min 15 min other: _____

Interval Number

Time:	1	2	3	4	5	6	7	8
On-task? Y or N								



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