WatchMinder:
Self-Monitoring User Guide & Sample Program

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What is the WatchMinder?

The WatchMinder is a simple wristwatch that can easily be programmed to set up discreet vibrating reminders throughout one's day. Invented by a child psychologist, the WatchMinder was designed to aid children with Attention Deficit Disorder (ADHD) and others with special needs in staying focused, managing their time, and modifying their thoughts and behaviors. To use the WatchMinder, simply:

1. **Create** your own unique reminder messages like "meditate" or "Adderall" or **choose** from 65 pre-programmed reminder messages which range from "Pay Attention" to "Be Positive" to "Relax" to "Take Meds."

2. Choose either a **fixed time** or **time interval** when you want to be discreetly cued with your message.

3. Put the Watchminder on and allow it to **discreetly cue you through your day!**

How is the WatchMinder different than other watches or PDA's?

1. **It Vibrates!** – Because a beeping reminder can be disruptive in the classroom or workplace, the WatchMinder was designed with a unique vibration system which allows the watch to discreetly cue the user with a light vibration on the wrist.

2. **Interval Training Model!** – In addition to allowing the user to program set reminders throughout one's day, the WatchMinder can be concurrently programmed to discreetly cue the onset on set time intervals. For example, a student with ADHD might program the watch to remind himself to "Pay Attention" every 30 minutes between 8:00 a.m. and 3:30 p.m. Or, a parent might set up a program for his or her ten-year-old to remind him or her to "Be Positive" every hour from 9:00 a.m.to 8:00 p.m.

3. **It's Simple and Programmable!** – Unlike many high-tech watches and PDA's which require a computer to program, the WatchMinder features simple on-screen programming. The WatchMinder is appropriate for smaller children and can be worn discreetly in the classroom.

What is self-monitoring?

An effective tool for changing behavior is self-monitoring. Behavioral self-monitoring can be defined as a person's measurement of his or her own behavior and comparison of that behavior to a pre-determined standard. Self-monitoring can be accomplished by children/students and adults.

Self-monitoring takes advantage of behavioral principles. The simple act of measuring one's target behavior and comparing it to an external standard or goal can result in lasting improvements to that behavior.

In classroom settings, self-monitoring can be beneficial. Self-monitoring requires that the student be an active participant with responsibility for measuring and evaluating his or her behaviors. The ability to understand and internalize the behavioral expectations of others is a valuable lesson for children.

Adults, in the work setting or at home, can also self-monitor behavior.

How can the WatchMinder be used for self-monitoring?

The WatchMinder is an ideal assistive tool for behavior modification and self-monitoring. The WatchMinder's unique training mode allows the user to set up discreet reminders on fixed or random intervals throughout one's day.

How is the WatchMinder helping those with behavior modification and self-monitoring?

1.   Parents of young children are using the WatchMinder for toilet training. For younger children, the "bathroom" message can be set to alert the parents to take the child to the bathroom. For older children, the same "bathroom" message can be set to remind the child himself to use the bathroom.

2.   Individuals with anxiety are using the WatchMinder to remind themselves to relax and perform breathing exercises throughout the day.

3.   Busy parents are using the WatchMinder to discreetly remind themselves to give their children positive feedback throughout the day.

4.   Business persons are using the WatchMinder to discreetly remind themselves to relax and stay positive throughout the workday.

5.   Workers in jobs with repetitive tasks or who sit for long hours at their desks are using the "stretch" reminder to cue themselves to stretch throughout the workday.

6.   Public speakers, teachers and professors are using the WatchMinder to pace themselves during their talks and lectures.

A sample self-monitoring program for a student with ADHD using the WatchMinder:

1.   Identify target behavior (pay attention, listen, raise hand, etc.).

2.   Select method for self-monitoring. A self-reporting score card can be utilized. See template and example below.

3.   Set WatchMinder to Training Mode to discreetly vibrate every 20 minutes reminding the student to Pay Attention between 8:00 a.m. and 3:00 p.m.

4.   Choose rewards for successful self-monitoring by the student. There can be a daily/weekly classroom reward, as well as a daily/weekly reward at home. The daily score card should come home with the student each day.

5.   It is important to change the program on a regular basis. This includes the target behavior, the interval schedule, and the rewards.

6.   A graph can also be utilized to show improvement over time.

A similar self-monitoring program can be set up for an adult who needs to relax, stretch, be positive, or with any other behavior.

Self-Monitoring Program Template

Name _____   Date _____

Behavior _____

Whenever you feel the WatchMinder vibrate, stop working for a moment and ask yourself, "Did I _____?" Mark your answer YES or NO on the chart below and then go back to work.

Daily Scorecard

#	Time	Yes	No
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
	Daily Total		

Self-Monitoring Program Template - *Example*

Name **John Doe**   Date **April 21, 2013**

Behavior **Pay Attention**

Whenever you feel the WatchMinder vibrate, stop working for a moment and ask yourself, "Did I **Pay Attention**?" Mark your answer **YES** or **NO** on the chart below and then go back to work.

Daily Scorecard

#	Time	Yes	No
1	9:00am	☑	
2	9:30am	☑	
3	10:00am	☑	
4	10:30am		☒
5	11:00am	☑	
6	11:30am		☒
7	12:00pm	☑	
8	12:30pm		☒
9	1:00pm		☒
10	1:30pm	☑	
11	2:00pm	☑	
12	2:30pm	☑	
13	3:00pm		☒
14	3:30pm	☑	
15	4:00pm		☒
	Daily Total	9	6