



Review follow-through

Turn a supported pattern into one action you can recognize and record.

Review source

SECTION 01

1. Review period / date

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2. Pattern supported by this week's records

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3. One focus for the next period

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If / then commitment

SECTION 02

4. If this cue occurs

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5. Plan or boundary it supports

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6. Then I will do this observable action

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7. Evidence I will capture at the decision

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Review evidence

SECTION 03

8. Review date

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9. Number of times the cue occurred

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10. Action recorded / skipped / unknown

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11. If the cue never occurred, write 'no opportunity'

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12. What the evidence supports

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13. What remains uncertain

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14. Keep, revise, or replace the focus next period - and why

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