

**Proposal Abstract:**

We propose using the FAST-Lband receiver for monthly radio monitoring of four high-magnetic-field pulsars and magnetars. Magnetars typically emit radio bursts resembling FRBs (Fast Radio Bursts) after experiencing small glitches in rotation or sudden decreases in angular momentum, followed by a month-long period of radio pulse radiation. By conducting monthly radio monitoring of magnetars, we aim to detect these FRB-like bursts and the subsequent sustained radio pulse radiation following a decrease in the star's rotation rate. Given the rarity of radio signals from magnetars, any radio pulse detections related to magnetars provide crucial clues to the origin of FRBs. Even in the absence of detections, such monitoring can provide constraints and limitations on the radio emission from magnetars.