

Habit Contract

I, _____, commit to _____
starting _____ for _____ days.

My minimum version (the version I do on a bad day)

When / where (my cue)

How it will be tracked

Reward when I keep it

Consequence if I break it twice in a row

Accountability partner & how they'll check in

My signature · date

Partner signature · date

Keep it specific ("walk 20 minutes after lunch", not "be healthier") and keep the consequence small but real. Review and re-sign at the end.