



# Habit Contract

A promise to myself, with a witness who checks in.

Name \_\_\_\_\_ Start date \_\_\_\_\_ End date \_\_\_\_\_

## 1. The habit

I will \_\_\_\_\_

When and where \_\_\_\_\_

On a hard day, the smallest version is \_\_\_\_\_

## 2. How I keep count

I mark each day on \_\_\_\_\_ Days in a row I'm aiming for \_\_\_\_\_

## 3. First four weeks

| Week   | Mon                      | Tue                      | Wed                      | Thu                      | Fri                      | Sat                      | Sun                      |
|--------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Week 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Week 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Week 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Week 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## 4. My witness

Witness \_\_\_\_\_ Check-in day \_\_\_\_\_ How we check in \_\_\_\_\_

## 5. What happens if I skip

If I skip one day, I \_\_\_\_\_

If I skip two days in a row, I \_\_\_\_\_

## 6. When I keep it

When I reach my goal, I celebrate with \_\_\_\_\_

My signature \_\_\_\_\_ Witness signature \_\_\_\_\_ Date \_\_\_\_\_

Not a legal document. A shared agreement between people who trust each other.



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