

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	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐

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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