

Habit Contract

I, _____, am entering into this habit contract to commit to developing the following habit:

Habit to Develop:

[Clearly state the habit you intend to develop.]

Objective of the Habit:

[Detail why you want to develop this habit and what you hope to achieve.]

Start Date: _____

[Specify when you will start working on developing this habit.]

End Date (if applicable): _____

[Specify when you will assess your progress and potentially revise your contract.]

Action Steps:

[List specific, measurable, achievable, relevant, and time-bound (SMART) steps you will take to develop the habit.]

Frequency and Duration:

[Specify how often and for how long you will perform the habit, e.g., 30 minutes every day.]

Progress Tracking:

[Detail how you will monitor your progress, e.g., through a habit-tracking app, journaling.]

Rewards:

[List rewards you will give yourself for sticking to the habit.]

Consequences:

[List consequences for not following through with the habit.]

Accountability Partner (if applicable):

Name: _____

Contact Information: _____

Role: _____

Responsibilities: _____

Contingency Plan:

[List alternative plans in case the original plan cannot be followed, addressing potential obstacles and providing solutions.]

Signature/s:

I, _____, fully understand the responsibilities and commitments in this contract and willingly agree to adhere to them to the best of my ability.

Contractee Signature: _____

Date: _____

Accountability Partner Signature (if applicable): _____

Date: _____