

Accountability partner tracker

Two people, one month, one sheet on the fridge.

Habit _____

Month _____

PERSON 1

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
DID IT																															
INITIALLED BY																															

PERSON 2

DID IT																													
INITIALLED BY																													

THE CHECK-IN DAY AND TIME WE BOTH AGREED ON

The second row is the point of the sheet. Your partner initials the day, so the record is not self-reported. In a meta-analysis of 138 studies, Harkin and colleagues found that monitoring progress raised goal attainment, with a larger effect when progress was physically recorded and when it was reported to someone else rather than kept private.