

## Accountability partner tracker

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

PERSON 1

[illegible]

PERSON 2

[illegible]

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.