Make your pact

pactful

Fill this in together on your first or second call. Keep a photo of it on your phone.

Name

Goal (specific, with a date)

Why it matters to me

My weekly minimum

My biggest obstacle → my if-then plan

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How we work together

We check in every …

How (walk, call, voice note, message) and how long

What counts as showing up

When one of us slips, we …

How honest we want to be

We review this pact on

Signed

Signed