

# COMMITMENT CONTRACT

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**Your Commitment:**

\_\_\_\_\_

**Start Date**

\_\_\_\_\_

**End Date**

**Why you are determined to achieve this:**

**How you will measure your progress:**

**The very next step is** \_\_\_\_\_

**Other Action Steps:**

**Consequence if you don't keep the commitment:**

**With whom and when you check in:**

\_\_\_\_\_

**Your Signature**

\_\_\_\_\_

**Partner Signature**