

Template: Habit Contract

HABIT CONTRACTS ARE DISCUSSED in chapter 17 of Atomic Habits. A habit contract is a verbal or written agreement in which you state your commitment to a particular habit and the punishment that will occur if you don't follow through. Then you find one or two people to act as your accountability partners and sign off on the contract with you.

Bryan Harris, an entrepreneur from Nashville, Tennessee, was the first person I saw put this strategy into action. Shortly after the birth of his son, Harris realized he wanted to shed a few pounds. He wrote up a habit contract between himself, his wife, and his personal trainer.

The strategy worked. With his wife and trainer acting as accountability partners and with the habit contract clarifying exactly what to do each day, Harris lost the weight.

You can find the actual Habit Contracts Bryan used on the following pages.

At the end of this PDF, you'll also find a template you can print out to create your own Habit Contract.

Bryan's Q1 Goals

AGREEMENT BETWEEN BRYAN AND STACY HARRIS

EFFECTIVE JANUARY 3, 2017

Bryan's #1 objective for Q1 of 2017 is to start eating correctly again so he feels better, looks better and is able to hit his BHAG of 200# at 10% body fat.

Bryan wants to work towards this BHAG in two phases:

- Phase #1: Get back to a strict low carb diet in Q1 of 2017.
- Phase #2: Start strict macro tracking program in Q2 of 2017.

Bryan believes that by first getting the basics back in line in Q1 then stair stepping up to macro tracking in Q2 that his chances of success are higher (as opposed to going from crappy eating straight to macro tracking).

Below are the specific objectives, consequences, and accountability mechanisms for Q1:

OBJECTIVE

Details of Bryan's specific Q1 objectives are as follows.

- Write down all food that he consumes each day and weigh himself each day
- The food log must be completed by 6am of the day after.
- The weigh-in can happen at any point during the day (optimally first thing in the morning).

If Bryan doesn't do these two items then the following consequence will be enforced:

CONSEQUENCE

Details of Bryan's specific Q1 consequences are as follows.

- He will have to dress up each workday and each Sunday morning for the rest of the quarter.
- Dress up is defined as not wearing jeans, t-shirts, hoodies or shorts.

To hold Bryan accountable he will report to the following...

ACCOUNTABILITY

Bryan will be held accountable by the following means.

- He will text Stacy a picture of his weight each day and ask Joey (trainer) to monitor his eating logs.
- He will also give Joey \$200 to use as he sees fit if he misses one day of logging food.

The signatures below indicate Bryan's commitment to hitting these daily objectives and Stacy and Joey's commitment to support and hold Bryan accountable.

BRYAN HARRIS SIGNATURE

STACY HARRIS SIGNATURE

ACCOUNTABILITY PARTNER SIGNATURE

Bryan's Q2 Goals

AGREEMENT BETWEEN BRYAN HARRIS, PATRICK PARHAM, AND STACY HARRIS
EFFECTIVE APRIL 3, 2017

Bryan's #1 objective for Q2 of 2017 is to start eating a strict <75g carbs and >200g protein diet each weekday so he feels better, looks better and is able to hit his BHAG of 200# at 10% body fat.

Bryan wants to work towards this BHAG in 3 phases:

- Phase #1: Get back to a strict slow carb diet in Q1 of 2017.
- Phase #2: Start strict macro tracking program in Q2 of 2017
- Phase #3: Refine and maintain details of diet and workout in Q3 of 2017

Bryan believes that by first getting the basics back in line in Q1 then stair stepping up to macro tracking in Q2 that his chances of success are higher (as opposed to going from crappy eating straight to macro tracking).

Below are the specific objectives consequences and accountability mechanisms for Q2:

OBJECTIVE

Details of Bryan's specific Q2 objectives are as follows.

- Eat food that adds up to a total of no more than 75g of carbs and no less than 200g of protein each day, weigh in each day (that I'm at home) and run wind-sprints for 5 minutes one day a week.
- The food log must be completed by 8:30am of the day after.
- The weigh-in can happen at any point during the day (optimally first thing in the morning).
- The wind-sprints ideally will happen on Saturday morning but can be done any day of the week.

If Bryan doesn't do these three items then the following consequence will be enforced:

CONSEQUENCE

Details of Bryan's specific Q2 consequences are as follows.

- Macro Goal: \$100 to Patrick for each day he misses (6 pass days)
- Weigh In Goal: Pay Stacy \$500
- Wind Sprints: Dress up for work every day and wear an Alabama hat rest of the quarter.

To hold Bryan accountable he will report to the following...

ACCOUNTABILITY

Bryan will be held accountable by the following means.

- All three items are to be reported visually via GroupMe

The signatures below indicate Bryan's commitment to hitting these daily objectives
Stacy and Patrick's commitment to support and hold Bryan accountable.

BRYAN HARRIS SIGNATURE

STACY HARRIS SIGNATURE

PATRICK PARHAM SIGNATURE

Bryan's Q3 Goals

AGREEMENT BETWEEN BRYAN HARRIS, PATRICK PARHAM, AND STACY HARRIS
EFFECTIVE JULY 14, 2017

Bryan's #1 objective for Q3 of 2017 is to start doing HIIT bike riding for 10min on Tuesday and Thursday and Intermittent fasting on Sunday, Tue, and Thursday so he feels better, looks better and is able to hit his BHAG of 200# at 10% body fat.

Bryan wants to work towards this BHAG in 3 phases:

- Phase #1: Get back to a strict low carb diet in Q1 of 2017.
- Phase #2: Start strict macro tracking program in Q2 of 2017
- Phase #3: Refine and maintain details of diet and workout in Q3 of 2017
- Phase #4: Walk around naked

Bryan believes that by first getting the basics back in line in Q1 then stair stepping up to macro tracking in Q2 and refining those things in Q3 that his chances of success are higher (as opposed to going from crappy eating straight to macro tracking).

Below are the specific objectives consequences and accountability mechanisms for Q3:

MAINTAIN

In Q3, Bryan will maintain the following, even as he adds new goals.

- <75g of carbs and >200g of protein per day
- 1 hour of strength training 3 days per week
- Weigh and measure body fat daily

NEW THINGS

In addition to maintaining the above, Bryan will begin the following in Q3.

- 10-min of HIIT bike riding on Tuesday and Thursday
- Intermittent Fasting on non-Strength Training Days (Sunday, Tue, and Thurs)

If Bryan doesn't do these 5 items then the following consequence will be enforced:

CONSEQUENCE

Details of Bryan's specific Q3 consequences are as follows.

- Macro Goal: \$100 to Patrick for each day he misses (3 pass days)
- Weigh In & Body Fat Goal: \$100 to Patrick for each day he misses (3 pass days)
- Bike Riding: Dress up for work for the next week
- Fasting: Wear Alabama hat to work each day rest of quarter

To hold Bryan accountable he will report to the following...

ACCOUNTABILITY

Bryan will be held accountable by the following means.

- All 5 if these items are to be reported visually via GroupMe

The signatures below indicate Bryan's commitment to hitting these daily objectives
Stacy and Patrick's commitment to support and hold Bryan accountable.

BRYAN HARRIS SIGNATURE

STACY HARRIS SIGNATURE

PATRICK PARHAM SIGNATURE

Habit Contract

WHAT IS YOUR MAIN OBJECTIVE?

IF YOU DON'T FOLLOW THROUGH, WHAT IS THE CONSEQUENCE?

WHO WILL YOU REPORT TO?

YOUR SIGNATURE

DATE

PARTNER'S SIGNATURE

DATE