

A2A Accountability Reboot

Accountability worksheet

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OVERVIEW & PURPOSE

This is an accountability worksheet you can use to stay on track and review to see how you are progressing.

Accountability process

1. What is your goal today?
2. Create your plan.
3. Fill out your accountability worksheet.

OBJECTIVES

1. Set your primary objective.
2. Create a plan to achieve that goal by setting daily goals.
3. Set rewards and penalties for achieving or failing to achieve your daily goals.

MATERIALS NEEDED

1. Journal, Journal App, or computer
2. Container to keep penalty in, I use a safe but a bar works as well.

Accountability process

Accountability process

1. What was supposed to happen

2. Did you meet your goal
3. What actually happened
4. What went right
5. What went wrong
6. What can I improve to meet my goal or What can I sustain do to meet my goal consistently.

Journal entry.

Work sheet

Reward example: for me I reward myself to 1 extra cheat item during my last meal. I may add a little ice cream or some homemade trail mix.

Penalty example: I add \$5.00 to my safe. At the end of that fitness cycle, I take that money and give it to a charity or to someone in need. But I can't keep it. It's meant to hurt a little so you have some skin in the game. If it doesn't hurt then giving up is an easy option.

You can print this version and save each day in a binder or copy and past it What ever works best .

1. What was your plan to meet your goal?

2. Did you meet your goal?

3. What actually happened?

4. What went right?

5. What went wrong?

6. What can I do to meet or sustain meeting my goal?

7. Write a brief journal entry of how you feel about your goal and the plan you developed to meet your goal. How does it help you meet your primary goal?
