

90

90-DAY CHALLENGE CONTRACT

Write the rule before Day 1. Keep the result visible.

1. DAILY ACTION - What will I do each day?

2. MINIMUM VERSION - What is the smallest version that still counts?

3. COMPLETION RULE - What observable evidence marks the day complete?

DAY 1

DAY 90

TRACKING MODE

☐ Strict consecutive days

☐ Flexible 90-day window

4. FALLBACK - When or where will I do the minimum version?

5. MISS RESPONSE - What happens immediately after a missed day?

6. ACCOUNTABILITY - Where will I record the result?

I will record the result honestly, including a miss.

Signature _____ Date _____