An accountability journal and a thirty-day experiment

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An accountability journal compares a specific commitment with what actually happened. Write the promise, evidence, obstacle and next adjustment. If another person is involved, agree what you will share; the diary does not verify the work or contact them for you. A paper journal is immediate and visible; an app can keep entries together, but extra recording is useful only if it helps action.

For a thirty-day challenge, choose one everyday habit, a cue, a minimum and a review date. Days 1-7: observe opportunities and attempts. Days 8-14: change one obstacle. Days 15-21: check whether the action is useful. Days 22-30: choose what to continue. Thirty days is an observation period, not a reset of your health or a guarantee of habit formation. A healthy-habit example is preparing supplies for an activity appropriate to you, not a restrictive diet or medical programme.

Prompt	Filled example	My version
My commitment	After lunch, read one paragraph	
Evidence	Page saved; one sentence about the idea	
What happened	Two attempts; book unavailable on a travel day	
Adjustment	Keep an accessible copy for travel	
Review	Check again next week	

A thirty-day habit experiment

Choose one manageable action. Record opportunities and actual attempts; leave unknown records uncertain. Review after each week. Thirty days is an observation period, not a guarantee.

My action: _____ My cue: _____

Minimum version: _____ Review date: _____

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐	7 ☐	8 ☐	9 ☐	10 ☐
11 ☐	12 ☐	13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐	19 ☐	20 ☐
21 ☐	22 ☐	23 ☐	24 ☐	25 ☐	26 ☐	27 ☐	28 ☐	29 ☐	30 ☐

Observation

Day	Observation
7	
14	
21	
30	