

Accountability Micro-Commitment Tracker

Proof, not perfection — just commit, act, and share.

- 1) Write down your micro-commitment.
- 2) Start a 10-minute timer.
- 3) Capture proof (sketch, notes, or photo).
- 4) Report back to your accountability partner.

Task / Micro-Commitment:

Timer Start:

Proof Snapshot (draw/write here):

Sent to (who you told):

Tip: Keep it small and finishable. Share a photo of your progress, not perfection.