

Commit 30 Challenge

Declare your
commitment

Name: _____ Date Started: _____

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

How many days did you keep your
commitment? _____

If you did another commitment,
what would it be? _____

*"Commitment is doing the thing
you said you were going to do
long after the mood you said it
in has left you."*

- Unknown