

# Commitment to Follow Through

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**Describe your decision.**

## Making Commitments

To stay on track and committed, record systems you will put in place and people with whom you will share your decision.

*Record the actions you can take this week to stay committed to your goal.*

### At Home:

What systems can you put in place to be successful?	
Who can you tell for support?	

### Away from Home:

What systems can you put in place to be successful?	
Who can you tell for support?	

### This Week:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

