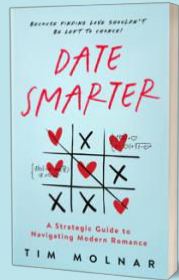


# Date Mate Commitment Contract



**"Success is the sum of small efforts, repeated day in and day out." – Robert Collier**

*This contract is a pledge between Date Mates to support each other in achieving their dating goals. By signing this agreement, all parties commit to taking proactive, intentional steps toward finding a meaningful relationship.*

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## SECTION 1: PERSONAL INFORMATION

### Date Mate 1:

- Name:
- Email/Phone:

### Date Mate 2:

- Name:
  - Email/Phone:
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## SECTION 2: GOAL COMMITMENTS

Each Date Mate commits to achieving the following dating goals during the contract period. These goals should be Specific, Measurable, Achievable, Relevant, and Time-bound.

### Examples:

- Date Mate 1: Attend one new social event each week to meet potential matches.
- Date Mate 2: Go on two first dates this month.

### Date Mate 1 Goal(s):

### Date Mate 2 Goal(s):

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## SECTION 3: ACCOUNTABILITY FRAMEWORK

By providing constructive feedback and tracking mutual progress, we commit to support one another.

### Examples:

- Date Mate 1 will support Date Mate 2 by offering encouragement before dates and asking about one thing that went well after each date.
- Date Mate 2 will support Date Mate 1 by sending daily reminders about attending social events.

### Support Commitments:

- Date Mate 1 will support Date Mate 2 by:

- Date Mate 2 will support Date Mate 1 by:

**Check-Ins:**

We agree to check in with each other on the following schedule:

- Frequency (e.g., weekly):

- Method (e.g., phone, video chat, in-person):

- Duration (e.g., 15 minutes):

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**SECTION 4: ACTION STEPS**

Each Date Mate commits to taking the following specific actions to work toward their goals. These steps should align with the *Date Number* approach, encouraging proactive efforts to meet new people, and tracking progress along the way.

**Date Mate 1 Action Steps:****Date Mate 2 Action Steps:**

## SECTION 5: MINDSET COMMITMENTS

All Date Mates commit to approaching their dating journeys with the following attitudes:

- Embracing curiosity and openness to new experiences.
  - Reframing rejection as a learning opportunity.
  - Providing encouragement and constructive feedback to each other.
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## SECTION 6: TIMEFRAME

This contract will be in effect for: (check one)

- ☐ 30 days
- ☐ 60 days
- ☐ 90 days

At the end of this period, we agree to:

- Reflect on our progress together.
  - Celebrate wins and milestones, including hitting specific *Date Number* milestones.
  - Decide whether to renew or revise the contract.
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## SECTION 7: REWARDS AND CONSEQUENCES

To stay motivated, we agree to the following rewards and consequences:

### Examples:

- Reward: Dinner out at a favorite restaurant, after attending three new social events.
- Reward: Book a massage, after 4 weeks of successful goal completion.
- Consequence: Commit to donating \$50 to a cause you dislike if you miss two weeks in a row.
- Consequence: No coffee out for a week if you fail to meet your goal.

**Date Mate 1:**

- Reward:

- Consequence:

**Date Mate 2:**

- Reward:

- Consequence:

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**SECTION 8: SIGNATURES AND INTENTIONS**

We hereby pledge to honor this agreement and support each other in our dating journeys.

**Date Mate 1 Signature:**

Date:

**Date Mate 2 Signature:**

Date: