

# EXCEPTION PLAN

---

*NEEDS TO BE 24 HOURS AHEAD OF TIME. NO EXCEPTIONS.*

---

DATE OF EXCEPTION:

---

WHY AM I MAKING THIS EXCEPTION?

---

---

---

---

---

---

---

---

---

ACTION PLAN ON EXCEPTION DAY:

---

---

---

---

---

---

---

---

---

CONSEQUENCES I AM SIGNING UP FOR:

---

---

---

---

---

---

---

---

---

---

---

## SAMPLE EXCEPTION PLAN

---

DATE OF EXCEPTION:

NOVEMBER 29<sup>TH</sup>

WHY I AM MAKING THIS EXCEPTION:

IT IS MY BROTHER'S BIRTHDAY DINNER.

ACTION PLAN ON EXCEPTION DAY:

I WILL HAVE ONE BOILERMAKER (A SHOT OF WHISKEY AND A PINT OF BEER) AND THEN ONE MORE BEER LATER IN THE EVENING.

CONSEQUENCES I AM SIGNING UP FOR:

I WILL HAVE A LOWER QUALITY OF SLEEP AND MAY NOT FEEL MY BEST THE FOLLOWING DAY.