

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 29TH

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.