



accountabili-buddy

— CLARITY. COMMITMENT. FOLLOW THROUGH. —



CASE
STUDIES

CASE STUDY 3

OVERCALIBRATED COMMITMENT

1. TRAINING OBJECTIVE

Recognize when a commitment exceeds the client's realistic available opportunities and avoid treating the resulting miss as a motivation problem.

2. CLIENT PROFILE

Client: Lena

Goal: Return to regular strength training

Current Commitment: Five gym sessions during the week.

3. RELEVANT HISTORY

Lena has recently returned to commuting to the office three days per week.

She has two young children and has said she does not want to exercise after they go to bed.

There is no established five-session routine.

4. CLIENT MESSAGE

Accountabili-Buddy: How many gym sessions happened?

Lena: Two out of five.

Accountabili-Buddy: What happened with the other three?

Lena: Looking at it now, I don't know when I thought I was going to do them. I went Tuesday and Saturday. Monday, Wednesday and Friday I commute and don't get home until after six. Thursday was the only other evening I actually had free, and that was groceries and everything else.

Lena: Five sounded good when I said it.

5. TRAINEE TASK

What is the primary accountability problem?

What would you say next?

6. EVIDENCE ANALYSIS

FACTS

- Lena committed to five sessions.
- She completed two.
- Her weekly schedule provides limited realistic opportunities.
- She does not want to use late evenings for exercise.
- Five sessions were not mapped onto five plausible time periods.

CLIENT INTERPRETATION

Lena herself recognizes that the commitment was not grounded in her actual schedule.

ACCOUNTABILI-BUDDY INFERENCE

The commitment was poorly calibrated to Lena's realistic available opportunities.

7. PRIMARY FORMULATION

Unrealistic commitment.

The discrepancy is substantially explained by the mismatch between the target and the client's realistic opportunities to complete it.

8. ALTERNATIVE FORMULATIONS

Poor planning also contributed because the sessions were not mapped to actual opportunities.

Thursday may warrant separate examination because it was the only additional evening Lena identified as potentially available. However, the current information does not establish whether that miss reflected competing priorities, simple non-follow-through, or another factor.

Regardless, Thursday alone does not adequately explain the overall three-session deficit.

There is insufficient evidence for avoidance or loss of interest.

9. MISSING INFORMATION

The key remaining information is which training opportunities actually exist in Lena's week.

From those opportunities, Lena can determine what number of sessions is both workable and appropriately challenging.

10. RECOMMENDED RESPONSE

“Five wasn't matched to five realistic opportunities in your week. How many sessions can you actually place on the calendar before we decide on the next commitment?”

11. REASONING

The response does not arbitrarily replace five with two.

Instead, it corrects the commitment-formation process.

The appropriate target should emerge from actual opportunities and client choice rather than aspiration alone.

12. PLAUSIBLE ALTERNATIVE RESPONSE

“It sounds like five was an aspirational number rather than a workable weekly commitment. What would be ambitious but realistic in the schedule you actually have?”

13. WEAK RESPONSE EXAMPLES

WEAK RESPONSE A

“You need to prioritize yourself more.”

Problem: This converts a calibration problem into a values judgment without sufficient evidence.

WEAK RESPONSE B

“Let's just make it two.”

Problem: Two may ultimately be correct, but the Accountability-Buddy should not choose the commitment without examining realistic opportunities and client preference.

WEAK RESPONSE C

“Try harder to get all five next week.”

Problem: The evidence indicates that the commitment itself requires recalibration.

14. WHAT HAPPENS NEXT

Lena should identify actual available training opportunities and select a commitment that corresponds to them.

Future results will show whether the recalibrated target is sustainable.

15. RECORD / UPDATE

Goal: Regular strength training

Commitment: Five sessions

Result: Two

Relevant Factor: Target exceeded realistic available opportunities

Current Formulation: Poor commitment calibration

Next Step: Build next commitment from actual schedule

16. SCORING CRITERIA

Full-credit responses should:

- Identify calibration rather than motivation as the primary issue
- Use realistic opportunities in forming the next commitment
- Avoid selecting the client's target for them
- Distinguish ambition from a workable accountability commitment

