

Quarterly Partner System (QPS)

1) What is your goal?

2) Details of why:

3) Description of how:

4) Duration of quarter, from:

to:

Touch-base each week on

and/or

5) Preferred method of communication:

other:

6) Accountability partner (name):

The Quarterly Performance System (QPS) is an accountability resource for social support between accountability partners. This is about suspending advice or judgement, and rather, simply tracking. To assist, we recommend accountability partners to 'add as a friend' on the Zest Wellness platform, set reminders or schedule in daily calendars, and share excitement on social media! Also shown is an accountability framework to highlight the balance between to not only relying on individual motivation alone, but to also consider how we can shape our environment to help make the healthy choice the easy choice.

