

Buddy Ping Template

A ready-to-send script for accountability help. Use it when another person can make the plan feel more real.

Use this when you need a person-shaped reminder to help a start time become real. The goal is not to explain everything. The goal is to set a tiny accountability loop.

How to use it

- [] Send the pre-start message when you choose your time.
- [] Ask for one check-in, not a full rescue mission.
- [] Send a short finish note so the loop closes.

Pre-start message

```
Hey [Name], I'm starting [Task] at [Start Time].  
Could you ping me at T-10? I'll send a quick finish note.
```

- [] Task: _____
- [] Start time: ____:____ on _____
- [] Ping time requested: ____:____

T-10 ping

```
Time check: T-10 for [Task]. Open the doc and take the first bite.
```

- [] Ping sent? _____

Post-battle note

```
I started at [Start Time] and stopped at [End Time].  
Did: _____  
Next tiny bite: _____
```

- [] End time: ____:____
- [] Note sent? _____