

BOYS EDITION · 1 OCT – 31 DEC 2026

WINTER ARC TRACKER

Disappear. Come back different. 92 days, no excuses.

MY WHY

Why am I doing this? Who am I proving wrong?

MY NON-NEGOTIABLES

Daily, pass or fail. These go on the left of every month.

1	e.g. Train. No negotiating
2	e.g. Up before 6:30
3	e.g. Protein target hit
4	e.g. Cold shower
5	e.g. 10,000 steps

RULES OF THE ARC

Set 3–5 non-negotiables. Pass or fail, no half points.

Never miss twice. One miss is noise, two is the arc ending.

No resets. A bad day is logged, not hidden.

Post nothing until January. Let the results talk.

DAY 1 ME · 1 OCT

DAY 92 ME · 31 DEC

I start on _____ Signed _____

DAYS 1-31 OF 92

OCTOBER 2026

Tick, colour or cross each box. Write your own habits over ours.
Shaded columns are weekends: they are where arcs die.

HABIT	1 T	2 F	3 S	4 S	5 M	6 T	7 W	8 T	9 F	10 S	11 S	12 M	13 T	14 W	15 T	16 F	17 S	18 S	19 M	20 T	21 W	22 T	23 F	24 S	25 S	26 M	27 T	28 W	29 T	30 F	31 S	Total
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☐ 10,000 steps	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
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BEST DAY THIS MONTH

WHAT MADE ME MISS

NEXT MONTH I WILL

NOVEMBER 2026

Tick, colour or cross each box. Write your own habits over ours.
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BEST DAY THIS MONTH

WHAT MADE ME MISS

NEXT MONTH I WILL

DAYS 62-92 OF 92

DECEMBER 2026

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BEST DAY THIS MONTH

WHAT MADE ME MISS

NEXT MONTH I WILL

EVERY SUNDAY, 5 MINUTES

WEEKLY CHECK-IN

Numbers, not feelings. Week 13 runs to 31 Dec.

Week	Bodyweight	Energy 1-5	Sleep avg	Sessions done	Best lift / PR	One thing to fix
1 1 Oct – 7 Oct						
2 8 Oct – 14 Oct						
3 15 Oct – 21 Oct						
4 22 Oct – 28 Oct						
5 29 Oct – 4 Nov						
6 5 Nov – 11 Nov						
7 12 Nov – 18 Nov						
8 19 Nov – 25 Nov						
9 26 Nov – 2 Dec						
10 3 Dec – 9 Dec						
11 10 Dec – 16 Dec						
12 17 Dec – 23 Dec						
13 24 Dec – 31 Dec						

STRENGTH LOG

	1 Oct	1 Nov	1 Dec	31 Dec
Squat				
Bench press				
Deadlift				
Pull-ups (max reps)				
Bodyweight / waist				

PROGRESS PHOTOS TAKEN

☐ 1 Oct ☐ 1 Nov ☐ 1 Dec ☐ 31 Dec

WINS WORTH REMEMBERING

92-DAY STREAK

Black out a box for every day you hit every non-negotiable.

OCT

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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NOV

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DEC

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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31 DECEMBER: THE HONEST REVIEW

The rule I never broke

The number that moved the most

What I carry into 2027

Days I hit everything

___ / 92



Bloom

Want it on your phone? Bloom runs the Winter Arc for you: daily rules, a streak that survives one missed day, a calendar of every day you showed up and a partner who keeps you honest.

Free on Android and iPhone · scan or visit
riekapps.com/app/bloom