

GIRLS EDITION · 1 OCT – 31 DEC 2026

Winter Arc Tracker

Soft life, hard habits. 92 days to become her.

My why

Who am I becoming by New Year?

My non-negotiables

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

- 1 e.g. Move 30 min (pilates, walk, gym)
- 2 e.g. Up before 7
- 3 e.g. 2 L of water
- 4 e.g. Skincare AM + PM
- 5 e.g. Read 10 pages

Rules of the arc

Pick 3–5 non-negotiables you can keep on your worst day.

Never miss twice. One miss is life, two is a new habit.

No resets. Day 40 stays day 40 after a bad Tuesday.

Post nothing until January. Let them notice.

Day 1 me · 1 Oct

Day 92 me · 31 Dec

I start on _____ Signed _____

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	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	Total
	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
Move 30 min (pilates, walk, gym)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Up before 7	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
2 L of water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Skincare AM + PM	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Read 10 pages	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
No phone in bed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Protein at every meal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
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All done today?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

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.
Shaded columns are weekends: they are where arcs die.

Habit	1 S	2 M	3 T	4 W	5 T	6 F	7 S	8 S	9 M	10 T	11 W	12 T	13 F	14 S	15 S	16 M	17 T	18 W	19 T	20 F	21 S	22 S	23 M	24 T	25 W	26 T	27 F	28 S	29 S	30 M	Total
Move 30 min (pilates, walk, gym)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Up before 7	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
2 L of water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Skincare AM + PM	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Read 10 pages	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
No phone in bed	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
Protein at every meal	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
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All done today?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

Best day this month

What made me miss

Next month I will

December 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 W	3 T	4 F	5 S	6 S	7 M	8 T	9 W	10 T	11 F	12 S	13 S	14 M	15 T	16 W	17 T	18 F	19 S	20 S	21 M	22 T	23 W	24 T	25 F	26 S	27 S	28 M	29 T	30 W	31 T	Total
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2 L of water	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
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All done today?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	

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	Weight	Energy 1–5	Sleep avg	Skin / cycle note	Self-care win	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						

Glow log

	1 Oct	1 Nov	1 Dec	31 Dec
Waist				
Hips				
Weight				
Steps / day				
Mood 1–5				

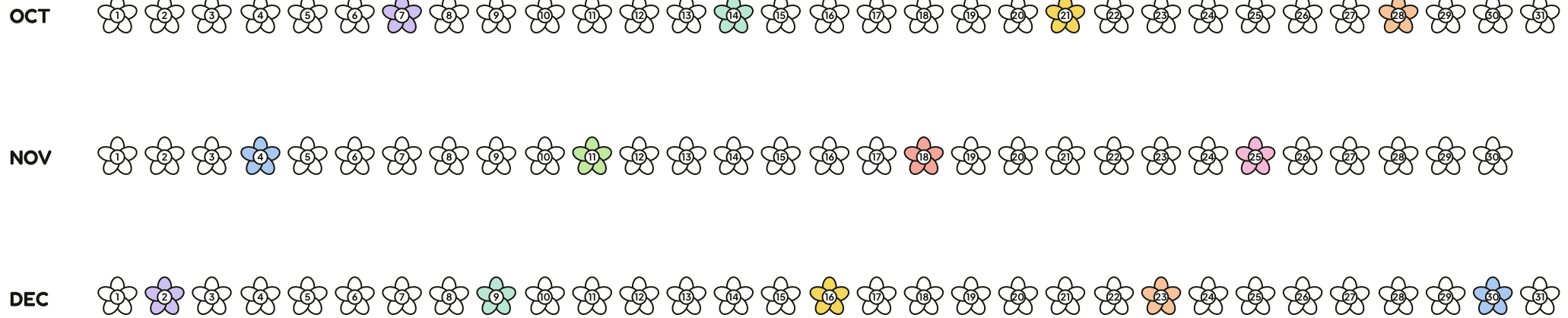
Progress photos taken

☐ 1 Oct ☐ 1 Nov ☐ 1 Dec ☐ 31 Dec

Wins worth remembering

92-day streak

Colour a flower for every day you hit all your non-negotiables.



31 December: the honest review

The habit I am proudest of

What changed in how I see myself

What I keep in 2027

Days I hit everything

____ / 92



Bloom

Prefer your phone? Bloom has the Winter Arc built in: daily rituals, a streak that survives one missed day, a calendar of every day you showed up and a partner who checks in.

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