

HARDER

ARC TRACKER / DAYS 1-31

SHEET 10F 3 / DAYS 1-31 OF 92

Day 1 to day 92. Start any day of the year.
One box per rule per day. The score is a rate, not a streak.

DAY 1 DATE _____ DAY 92 DATE _____ RATE TARGET _____ / 92 WITNESS _____

☒ did it ☒ floor day - counts the same ☐ missed - no reset, keep going

RULE + FLOOR (the bad-day version)		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	HELD			
01	_____																																		/31	
FLOOR	_____																																			
02	_____																																			/31
FLOOR	_____																																			
03	_____																																			/31
FLOOR	_____																																			
04	_____																																			/31
FLOOR	_____																																			
05	_____																																			/31
FLOOR	_____																																			
06	_____																																			/31
FLOOR	_____																																			
07	_____																																			/31
FLOOR	_____																																			
DAY HELD	_____																																			/31
every rule done, full or floor																																				

HELD THIS SHEET _____ / 31

RUNNING TOTAL _____ / 31

RATE TARGET _____ / 92

Mark the day the day it happens.

HARDER

ARC TRACKER / DAYS 32-61

SHEET 2 OF 3 / DAYS 32-61 OF 92

Day 1 to day 92. Start any day of the year.
One box per rule per day. The score is a rate, not a streak.

HELD SO FAR, BROUGHT FORWARD / 31

RATE TARGET / 92

Same rules, same floors. Copy them over from sheet 1 before you start.

☒ did it

☒ floor day - counts the same

☐ missed - no reset, keep going

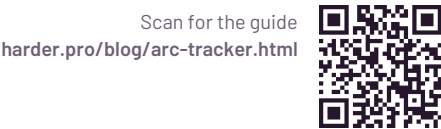
RULE + FLOOR (the bad-day version)		32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	HELD	
01																																	/30
FLOOR																																	
02																																	/30
FLOOR																																	
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06																																	/30
FLOOR																																	
07																																	/30
FLOOR																																	
DAY HELD																																	/30
every rule done, full or floor																																	

HELD THIS SHEET / 30

RUNNING TOTAL / 61

RATE TARGET / 92

Days 31-60 are the dead zone. Lower the bar, never add to it.



Last sheet. Day 92 does not move.

 floor day - counts the same

☐ missed - no reset, keep going

HELD

62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92

[illegible]

A miss costs one box. Nothing else.

