

THE ARC SETUP CHECKLIST

20 checks before day one. Work through it before day one, not on day 34.

01 DESIGN, BEFORE DAY ONE

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| ☐ Start date and end date written down. | Not "October-ish." Two dates. |
| ☐ Three to five rules. Not six. | Ten-rule lists collapse by week two. |
| ☐ Every rule scoreable yes/no in ten seconds. | "Did I train today" works at 11pm. |
| ☐ One rule that has nothing to do with fitness. | Reading, money, sleep, a skill. |

02 THE FLOOR, THE BAD-DAY VERSION

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| ☐ A minimum version written for every rule. | One page instead of ten. |
| ☐ Floor written in week one, not week six. | Design now. Negotiate never. |
| ☐ A floor day counts as a full day. | Not a half day. Not an asterisk. |
| ☐ Travel and holiday days pre-marked as floor days. | You already know where they are. |

03 FAILURE CONDITION, THE PART EVERYONE SKIPS

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|--|---|
| ☐ One written line: what counts as breaking it. | Supply your own. The format gives none. |
| ☐ A rate target, not a streak target. | 80 of 92. 84 of 92. |
| ☐ Missed day marked missed. No restart. | One box. Nothing else. |
| ☐ Rules locked: one revision allowed, day 45, in writing. | One window, one time. |

04 WITNESSES

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| ☐ One person who will notice if you stop. | Not a cheerleader. Someone who asks. |
| ☐ Proof format decided before day one. | Photo, screenshot or log entry. |
| ☐ Proof captured same day, never rebuilt later. | A record, not a story. |
| ☐ Proof stored where the whole run is visible. | Seeing 40 days at once changes things. |

05 THE DEAD ZONE, DAYS 31 TO 60

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|---|--------------------------------------|
| ☐ Week 5 review already in the calendar. | Meet it with a decision, not a mood. |
| ☐ Pre-decided: lower the bar, never add to it. | Do not add intensity on day 35. |
| ☐ Written answer to "I missed two in a row, now what." | Two misses is when arcs die. |
| ☐ End date in the calendar as a real event. | A vague ending fades. |

SCORE ____ / 20

16 or fewer: a plan for the first three weeks. All 20: a plan for the whole arc.

MY ARC CONTRACT

START DATE _____	END DATE _____
1 RULE _____	FLOOR _____
2 RULE _____	FLOOR _____
3 RULE _____	FLOOR _____
4 RULE _____	FLOOR _____
5 RULE _____	FLOOR _____
BREAKING IT MEANS _____	
RATE TARGET _____ / 92	WITNESS _____
PROOF FORMAT _____	
SIGNED _____	DATE _____

