

THE ARC SETUP CHECKLIST

print · stick it somewhere visible

01 DESIGN

- ☐ Start date and end date written down
- ☐ Three to five rules. Not six.
- ☐ Every rule scoreable yes/no in ten seconds
- ☐ One rule that has nothing to do with fitness

02 THE FLOOR

- ☐ A minimum version written for every rule
- ☐ Floor written in week one, not week six
- ☐ A floor day counts as a full day
- ☐ Travel and holiday days pre-marked as floor days

03 FAILURE CONDITION

- ☐ One written line: what actually counts as breaking it
- ☐ A rate target, not a streak target
- ☐ Missed day marked missed. No restart.
- ☐ Rules locked: one revision allowed, day 45, in writing

04 WITNESSES

- ☐ One person who will notice if you stop
- ☐ Proof format decided before day one
- ☐ Proof captured same day, never rebuilt later
- ☐ Proof stored where the whole run is visible

05 THE DEAD ZONE

- ☐ Week 5 review already in the calendar
- ☐ Pre-decided: lower the bar, never add to it
- ☐ Written answer to “I missed two in a row, now what”
- ☐ End date in the calendar as a real event

A missed day is marked missed. It does not reset anything. Score a rate, not a streak — 84 days held out of 92 is a strong arc.

NOW WRITE IT DOWN

START DATE	_____	END DATE	_____
RATE TARGET — I WILL HOLD	_____	DAYS OUT OF	_____
RULE		BAD-DAY FLOOR	
1	_____		_____
2	_____		_____
3	_____		_____
4	_____		_____
5	_____		_____
BREAKING IT MEANS	_____		
WITNESS — WHO WILL ASK	_____		
SIGNED	_____	DATE	_____

HARDER

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