

THE ARC SETUP CHECKLIST

20 checks that separate an arc you finish from one that quietly dissolves in November.

- 01 DESIGN** — before day one
 - 02 THE FLOOR** — the bad-day version
 - 03 FAILURE CONDITION** — the part everyone skips
 - 04 WITNESSES**
 - 05 THE DEAD ZONE** — days 31 to 60
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An arc challenge has no built-in failure condition. Nobody quits their arc — they wake up in late November holding a set of rules that no longer asks anything of them, with no moment they can point to where it ended. This checklist is the missing enforcement.

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

01 DESIGN — *before day one*

- ☐ **Start date and end date written down**
Not “October-ish.” Two dates.
- ☐ **Three to five rules. Not six.**
Ten-rule lists look serious on day one and collapse by week two.
- ☐ **Every rule scoreable yes/no in ten seconds**
“Did I train today” is scoreable at 11pm. “Did I eat well today” is a debate you will win.
- ☐ **One rule that has nothing to do with fitness**
An arc that’s only training is a training block. Reading, money, sleep, a skill — pick one.

02 THE FLOOR — *the bad-day version*

- ☐ **A minimum version written for every rule**
One page instead of ten. Five minutes instead of an hour.
- ☐ **Floor written in week one, not week six**
In week six you’re negotiating. In week one you’re designing. These are different people.
- ☐ **A floor day counts as a full day**
Not a half day, not an asterisk. If the floor is a demotion you won’t use it — and the floor is what carries you through the dead zone.
- ☐ **Travel and holiday days pre-marked as floor days**
You already know where they are on the calendar. Mark them now.

03 FAILURE CONDITION — *the part everyone skips*

- ☐ **One written line: what actually counts as breaking it**
The arc format gives you none. Supply your own or the arc has nothing holding it up.
- ☐ **A rate target, not a streak target**
80 of 92. 84 of 92. A number you can miss days against and still hit.
- ☐ **Missed day marked missed. No restart.**
A single missed day doesn't materially affect habit formation. Treating it as a reset is how people quit in November.
- ☐ **Rules locked: one revision allowed, day 45, in writing**
Unlimited revision is why arcs get amended into nothing. One window, one time, written down.

04 WITNESSES

- ☐ **One person who will notice if you stop**
Not a cheerleader. Someone who will ask.
- ☐ **Proof format decided before day one**
Photo, screenshot, log entry — pick one and don't change it mid-arc.
- ☐ **Proof captured same day, never rebuilt later**
Reconstructed proof is a story about a day, not a record of one.
- ☐ **Proof stored where the whole run is visible**
Seeing 40 days at once does something that seeing today does not.

05 THE DEAD ZONE — days 31 to 60

- ☐ **Week 5 review already in the calendar**
The dead zone arrives on schedule. Meet it with a decision instead of a mood.
- ☐ **Pre-decided: lower the bar, never add to it**
The instinct at day 35 is to add intensity to feel serious again. Don't.
- ☐ **Written answer to “I missed two in a row, now what”**
Write it while you're clear-headed. Two misses is the moment arcs die.
- ☐ **End date in the calendar as a real event**
An arc with a vague ending doesn't end. It fades.

Sixteen checks or fewer means you have a plan for the first three weeks. All twenty means you have a plan for the whole arc.

ARC VS 75 HARD VS HABIT TRACKING

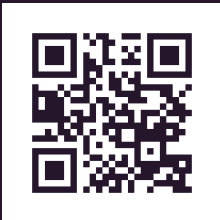
	ARC	75 HARD	TRACKER
Length	~90 days	75 days	Endless
Rules	You write them	Prescribed	You write them
Missed day	Continues	Restart day 1	Streak breaks
Can you fail	No	Severely	No
Finish line	Yes	Yes	No
It dies by	Fading	Restarting	Never ending

The arc is the best-designed of the three. It is also the only one with nothing holding it up — which is what the twenty checks above are for.

LAUNCHING OCTOBER

OR SKIP THE SETUP ENTIRELY.

Harder is a challenge platform where the structure comes pre-built, a day isn't done until you post proof, and missed days never move the finish line. Join the waitlist.



SCAN TO JOIN

YOUR ARC — THE CONTRACT

5 / 5

The arc format gives you no failure condition. This page is where you supply one. Fill it in before day one, sign it, and put it somewhere you will see it in November.

START DATE _____

END DATE _____

RATE TARGET — I WILL HOLD _____

DAYS OUT OF _____

YOUR RULES AND THEIR FLOORS

Three to five. Each scoreable yes or no. The floor is the version that counts on your worst day.

RULE	BAD-DAY FLOOR
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____

ENFORCEMENT

BREAKING IT MEANS _____

WITNESS — WHO WILL ASK _____

PROOF FORMAT _____

DEAD ZONE PLAN — DAYS 31 TO 60

If I miss two days in a row, I will:

SIGNED _____

DATE _____