

THE ARC TRACKER

92 days · 1 Oct 2026 – 1 Jan 2027

MY RULES

1 _____

2 _____

3 _____

4 _____

5 _____

floor _____

floor _____

floor _____

floor _____

floor _____

DAY		1	2	3	4	5
1	T					
2	F					
3	S					
4	S					
5	M					
6	T					
7	W					
8	T					
9	F					
10	S					
11	S					
12	M					
13	T					
14	W					
15	T					
16	F					
17	S					
18	S					
19	M					
20	T					
21	W					
22	T					
23	F					
24	S					
25	S					
26	M					
27	T					
28	W					
29	T					
30	F					
31	S					

DAY		1	2	3	4	5
32	S					
33	M					
34	T					
35	W					
36	T					
37	F					
38	S					
39	S					
40	M					
41	T					
42	W					
43	T					
44	F					
45	S					
46	S					
47	M					
48	T					
49	W					
50	T					
51	F					
52	S					
53	S					
54	M					
55	T					
56	W					
57	T					
58	F					
59	S					
60	S					
61	M					
62	T					

DAY		1	2	3	4	5
63	W					
64	T					
65	F					
66	S					
67	S					
68	M					
69	T					
70	W					
71	T					
72	F					
73	S					
74	S					
75	M					
76	T					
77	W					
78	T					
79	F					
80	S					
81	S					
82	M					
83	T					
84	W					
85	T					
86	F					
87	S					
88	S					
89	M					
90	T					
91	W					
92	T					

✓ did it / floor day — counts exactly the same ☐ missed — and nothing resets
Score a rate, not a streak. Day 92 is the finish line, and a missed Tuesday never moves it.

HELD ____ / 92

HARDER

harder.pro

