

THE ARC TRACKER

DAYS 1-31

	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
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✓ did it / floor day — counts exactly the same □ missed — and nothing resets

Score a rate, not a streak. Fill in the HELD column at the end of each sheet and keep a running total — 84 days out of 92 is a strong arc.



THE ARC TRACKER

DAYS 32 – 62

	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	62	HELD	
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	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	HELD	
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DAY 92 = THE FINISH LINE

