WINTER ARC

90-DAY LOCK-IN

Nov – Feb habit calendar

1. Choose 3 non-negotiables
2. Track every day for 90 days
3. Review weekly • adjust gently
4. Finish stronger than you started

WINTER ARC

My 3 Non-Negotiables

Keep it simple — consistency beats intensity

1 Habit name

Why it matters

Minimum version (on hard days): _____

2 Habit name

Why it matters

Minimum version (on hard days): _____

3 Habit name

Why it matters

Minimum version (on hard days): _____

90-DAY TRACKER

Days 1–30

Fill a square each day you keep the arc

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 ☐☐☐

☐ Habit 1 ☐ Habit 2 ☐ Habit 3

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90-DAY TRACKER

Days 31–60

Fill a square each day you keep the arc

31 ☐☐☐	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 ☐☐☐

☐ Habit 1 ☐ Habit 2 ☐ Habit 3

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90-DAY TRACKER

Days 61–90

Fill a square each day you keep the arc

61 ☐☐☐	62 ☐☐☐	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 ☐☐☐

☐ Habit 1 ☐ Habit 2 ☐ Habit 3

WEEKLY REVIEW

Arc Check-In

Every 7 days: honest, kind, useful

What worked

What drained me

Energy / sleep (1–5)

One adjustment

Win to celebrate

Focus for next 7 days