

Winter Arc *checklist*

The Winter Arc is a 90-ish day lock-in before the new year. You pick a few rules, track them every day, and walk into January as a different person. Here's everything you need on two pages.

THE 4 RULES

1. **Pick 3–5 non-negotiables.** Fewer, done daily, beats many done sometimes.
2. **Make them yes/no.** “Walk 8,000 steps” not “be healthier”. If you can't tick it at 11pm, rewrite it.
3. **Clean your environment.** Room, phone and money, before day 1.
4. **Missed a day? Mark it and keep going.** No restarts. Never miss twice.

MY WINTER ARC RULES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Write them by hand. It's harder to quietly change them later.

BODY

- Strength train 3–4× a week
- Walk 8,000–10,000 steps
- Protein at every meal
- Drink 2 L of water
- No sugary drinks
- Winter skincare AM + PM

MIND

- Sleep 7–8 hours
- Screens off 30 min before bed
- Read 10 pages
- Journal 5 minutes
- Social media under 30 min
- 10 min of morning daylight

FUTURE SELF

- Work on your 2027 goal 25 min
- Log what you spend
- 1–2 no-spend days a week
- Save weekly, any amount
- Sunday review & plan
- Learn one skill

BEFORE DAY 1: CLEAN YOUR ENVIRONMENT

- | | |
|--|--|
| ☐ Deep clean your room and desk | ☐ Unfollow 20 accounts that drain you |
| ☐ Lay out workout clothes and shoes | ☐ Move social apps off your home screen |
| ☐ Put your book on your pillow | ☐ Turn off non-essential notifications |
| ☐ Clear junk snacks out of sight | ☐ Check last month's spending |
| ☐ Phone charger out of the bedroom | ☐ Cancel subscriptions you don't use |

TICK ONE BOX PER RULE, EVERY DAY

Winter Arc *tracker* • 2026

Columns 1-5 = your rules. Missed? Leave it blank and keep going.

OCTOBER

	1	2	3	4	5
1 Th					
2 Fr					
3 Sa					
4 Su					
5 Mo					
6 Tu					
7 We					
8 Th					
9 Fr					
10 Sa					
11 Su					
12 Mo					
13 Tu					
14 We					
15 Th					
16 Fr					
17 Sa					
18 Su					
19 Mo					
20 Tu					
21 We					
22 Th					
23 Fr					
24 Sa					
25 Su					
26 Mo					
27 Tu					
28 We					
29 Th					
30 Fr					
31 Sa					

NOVEMBER

	1	2	3	4	5
1 Su					
2 Mo					
3 Tu					
4 We					
5 Th					
6 Fr					
7 Sa					
8 Su					
9 Mo					
10 Tu					
11 We					
12 Th					
13 Fr					
14 Sa					
15 Su					
16 Mo					
17 Tu					
18 We					
19 Th					
20 Fr					
21 Sa					
22 Su					
23 Mo					
24 Tu					
25 We					
26 Th					
27 Fr					
28 Sa					
29 Su					
30 Mo					

DECEMBER

	1	2	3	4	5
1 Tu					
2 We					
3 Th					
4 Fr					
5 Sa					
6 Su					
7 Mo					
8 Tu					
9 We					
10 Th					
11 Fr					
12 Sa					
13 Su					
14 Mo					
15 Tu					
16 We					
17 Th					
18 Fr					
19 Sa					
20 Su					
21 Mo					
22 Tu					
23 We					
24 Th					
25 Fr					
26 Sa					
27 Su					
28 Mo					
29 Tu					
30 We					
31 Th					

Track your Winter Arc in Habbic

Ready-made Winter Arc and Ultimate Winter Arc challenges with reminders, streaks and a workout plan that gets harder each phase.

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