

Season One

8 July – 18 September 2026

73 days of becoming · summer into autumn

NORTHERN HEMISPHERE EDITION

MON	TUE	WED	THU	FRI	SAT	SUN ✓
		8 Jul DAY ONE  day 1	9 day 2	10 day 3	11 day 4	12 day 5
13 day 6	14 day 7 	15 day 8	16 day 9	17 day 10	18 day 11	19 day 12
20 day 13	21 day 14 	22 day 15	23 day 16	24 day 17	25 day 18	26 day 19
27 day 20	28 day 21	29 day 22	30 day 23 	31 day 24	1 Aug day 25	2 day 26
3 day 27	4 day 28	5 day 29	6 day 30 	7 day 31	8 day 32	9 day 33
10 day 34	11 day 35	12 day 36	13 HALFWAY  day 37	14 day 38	15 day 39	16 day 40
17 day 41	18 day 42	19 day 43	20 day 44 	21 day 45	22 day 46	23 day 47
24 day 48	25 day 49	26 day 50	27 day 51	28 day 52 	29 day 53	30 day 54
31 day 55	1 Sep day 56	2 day 57	3 day 58	4 day 59 	5 day 60	6 day 61
7 day 62	8 day 63	9 day 64	10 day 65	11 day 66 	12 day 67	13 day 68
14 day 69	15 day 70	16 day 71	17 day 72	18 DONE!  day 73	19 RESET 	20
21 RESET	22	23	24	25		

 Milestone  Sunday check-in  Reset week  New moon  First quarter  Full moon  Last quarter

The one rule: never miss three days in a row.

Two days off is grace, not failure. Day three is a choice.

Moon dates in AEST (UTC+10), where this challenge calls home — they can shift by a day in your time zone.

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Season Two

26 September – 7 December 2026

73 days of becoming · autumn into winter

NORTHERN HEMISPHERE EDITION

MON	TUE	WED	THU	FRI	SAT	SUN ✓
					26 Sep DAY ONE day 1	27 day 2
28 day 3	29 day 4	30 day 5	1 Oct day 6	2 day 7	3 day 8	4 day 9
5 day 10	6 day 11	7 day 12	8 day 13	9 day 14	10 day 15	11 day 16
12 day 17	13 day 18	14 day 19	15 day 20	16 day 21	17 day 22	18 day 23
19 day 24	20 day 25	21 day 26	22 day 27	23 day 28	24 day 29	25 day 30
26 day 31	27 day 32	28 day 33	29 day 34	30 day 35	31 day 36	1 Nov HALFWAY day 37
2 day 38	3 day 39	4 day 40	5 day 41	6 day 42	7 day 43	8 day 44
9 day 45	10 day 46	11 day 47	12 day 48	13 day 49	14 day 50	15 day 51
16 day 52	17 day 53	18 day 54	19 day 55	20 day 56	21 day 57	22 day 58
23 day 59	24 day 60	25 day 61	26 day 62	27 day 63	28 day 64	29 day 65
30 day 66	1 Dec day 67	2 day 68	3 day 69	4 day 70	5 day 71	6 day 72
7 DONE! day 73						

 Milestone  Sunday check-in  New moon  First quarter  Full moon  Last quarter

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The Wind Down

8 December 2026 – 3 January 2027

27 days to finish off the year · reset, reflect, chill · midwinter

NORTHERN HEMISPHERE EDITION

MON	TUE	WED	THU	FRI	SAT	SUN ✓
	8	9 ●	10	11	12	13
14	15	16	17 ☾	18	19	20
21	22	23	24 ○	25 CHRISTMAS	26	27
28	29	30	31 ☾	1 Jan NEW YEAR	2	3

No tracker. No tiers. No rule.

Reflect on the season, graduate one rhythm off the tracker, eat the roast,
and meet the new year already in motion. Season One of 2027 begins Monday 4 January.

Full chill ● New moon ☾ First quarter ○ Full moon ☾ Last quarter

The only rule this month: there is no rule.

You showed up for two whole seasons. Rest is part of the rhythm.

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