PRINTABLE GUIDE AND WORKING PAGES

Writing Habit Tracker

Keep a useful record of writing sessions, compare your month with your own goals, and notice what helps you return to the page.

IN THE COMPLETE DOWNLOAD

Editable XLSX with Progress, Sessions and Reflections
8-page printable guide and reflection worksheets
CSV headers, plain-text guide and single-user licence

A useful starting point

Choose one modest session you can complete. Record minutes even when the work produces no new words. Use reflection to adjust the next session, rather than treating every day as a score.

The spreadsheet is supplied without example records. Fictional examples in this guide show how to use it. Fill in the amber cells; pale violet cells contain formulas.

The PDF pages are printable worksheets, not fillable forms. Use the TXT version if you prefer a text editor or a screen reader.

This preview contains selected pages only. The editable XLSX and the remaining guide pages are part of the complete product.

ONE INDIVIDUAL / PERSONAL OR OWN-BUSINESS USE

A worked example

Fictional example. Names, dates and costs below are invented to demonstrate the workbook.

Session	Minutes	Words	Meaning
S001: drafting	25	250	Counted in time and words
S002: editing	15	0	Time counts; zero words is deliberate
S003: research	20	blank	Time counts; words were not measured

Read the totals

These three Ready sessions total 60 minutes and 250 recorded words. The word total describes recorded words; it does not estimate the research session.

Use targets carefully

Against a 120-minute target, these sessions represent 50% of the target. A zero or blank target produces n.a., not a divide-by-zero error or a claimed 0% performance.

Repair incomplete rows

A session without minutes, a real date or a unique ID is flagged and excluded from progress totals. The attention count makes that exclusion visible. Fix the missing field before relying on the month summary.

Weekly writing log

Week beginning Monday: _____

Choose a realistic session goal. A small completed session is still a useful record; enter zero words when editing or research produces no new text.

Day / date	Intention	Minutes	Words	Next step
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

What helped you return to the page?

What will you change next week?