

HABIT TRACKER

MONTH

YEAR

[illegible]

NOTES

DAILY JOURNAL

DATE _____

TODAY IN ONE SENTENCE

TWENTY WORDS IS ENOUGH



WHAT I AM CARRYING INTO TOMORROW

FIRST THING I WILL DO

READING LOG

NAME _____



BOOKS FINISHED ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

TITLE	AUTHOR	STARTED	FINISHED	PAGES	RATING
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THE BEST ONE SO FAR, AND WHY _____

GRATITUDE

WEEK OF _____

MON	1	
	2	
	3	
TUE	1	
	2	
	3	
WED	1	
	2	
	3	
THU	1	
	2	
	3	
FRI	1	
	2	
	3	
SAT	1	
	2	
	3	
SUN	1	
	2	
	3	

Who made this week easier, and have you told them?

WRITING STREAK

MONTH _____



WORDS THIS WEEK

MONTUEWEDTHUFRISSATSUN

WORDS THIS WEEK

MONTUEWEDTHUFRISSATSUN

WORDS THIS WEEK

MONTUEWEDTHUFRISSATSUN

WORDS THIS WEEK

MONTUEWEDTHUFRISSATSUN

LONGEST STREAK

DAYS WRITTEN THIS MONTH

DREAM LOG

DATE

HOURS SLEPT

☐ HAZY ☐ CLEAR ☐ VIVID

WHAT HAPPENED

SYMBOLS I NOTICED

Look these up free at
[getwriterslock.com/
dream-dictionary](http://getwriterslock.com/dream-dictionary)

HOW IT FELT

WHAT IT MIGHT CONNECT TO

WORDS TO PAGES

BASED ON

Times New Roman • 12 pt • 1 inch margins • A4 • continuous prose

SINGLE SPACED

523 words a page

1.5 SPACED

345 words a page

DOUBLE SPACED

261 words a page

WORDS	SINGLE	1.5	DOUBLE
100	0.2	0.3	0.4
250	0.5	0.7	1.0
300	0.6	0.9	1.1
400	0.8	1.2	1.5
500	1.0	1.4	1.9
600	1.1	1.7	2.5
750	1.4	2	3
1,000	1.9	3	4
1,200	2.5	3.5	4.5
1,500	3	4.5	5.5
2,000	4	6	7.5
2,500	5	7	9.5
3,000	5.5	8.5	11.5
4,000	7.5	11.5	15.5
5,000	9.5	14.5	19
7,500	14.5	21.5	28.5
10,000	19	29	38.5

WHAT MOVES THE NUMBER

Font and size: Verdana or Courier New run far longer than Times New Roman at the same point size.

Line spacing: doubling it roughly doubles the page count. 1.5 is not exactly halfway — whole lines have to fit.

Margins and paper: 1.5 inch margins cost an inch of width and an inch of height.

Headings, dialogue and short paragraphs leave white space, so a real document may run slightly longer.

Different font, size, spacing or margins? getwriterslock.com/words-to-pages

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