

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 _____

MONTUEWEDTHUFRISSATSUN

WORDS THIS WEEK

MONTUEWEDTHUFRISSATSUN

WORDS THIS WEEK

MONTUEWEDTHUFRISSATSUN

WORDS THIS WEEK

MONTUEWEDTHUFRISSATSUN

WORDS THIS WEEK

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](https://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 • US Letter • continuous prose

SINGLE SPACED

500 words a page

1.5 SPACED

337 words a page

DOUBLE SPACED

250 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	1.2
400	0.8	1.2	1.6
500	1.0	1.5	2
600	1.2	1.8	2.5
750	1.5	2	3
1,000	2	3	4
1,200	2.5	3.5	5
1,500	3	4.5	6
2,000	4	6	8
2,500	5	7.5	10
3,000	6	9	12
4,000	8	12	16
5,000	10	15	20
7,500	15	22.5	30
10,000	20	29.5	40

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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