

# Writerly Wellness Tracker

By Jenai May

This Writerly Wellness Tracker is your guide to a more productive and balanced writing life! It's easy to feel like writing is a separate task from the rest of your life, but this tracker will show you just how connected they really are. Over time, you'll be able to see which habits and routines help you feel calm, focused, and ready to write. The more you use the tracker, the better you'll understand what truly fuels your creativity.

Every day, start by writing down the date and your main writing goal. Your goal can be a set number of written words or completed/edited pages. There is even space for a time-based target or your own unit of measurement — for instance, maybe you want to complete profiles for three characters today!

At the end of the day, make sure to track your Creative Output so you can watch the connections fill in and appreciate every accomplishment, no matter how big or small. This simple act of tracking your progress provides a visual boost, building momentum and fueling your motivation to keep writing regularly.

The rest of the tracker is for self-reflection. The checklist helps you note simple daily habits, from listening to music to stepping outside. There's also space to note your mood, sleep, and how rested you feel, using the provided scales. These are all key indicators of your overall wellbeing. Be sure to record what you eat and drink, as nutrition and hydration play big roles in your energy levels and focus!

The more detailed you are, the clearer the picture will become. But please believe me when I say these observations are not meant to shame you or make you feel guilty. If you don't want to track what you ate, simply choose the "I ate food" option. If hours of sleep bear little effect on your restfulness? Skip recording the hours. This is your space to gather data and see how the full story of your day impacts your writing. Use it for a week, a month, for all of RAWR's two months, or a year.

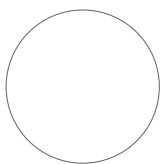
At Rogue Writers, we're passionate about fostering Writerly Wellness, and this tracker is designed to help you recognize the small, daily habits that either help or hinder your creative flow. Use it to gain insights into your personal rhythm and build a routine that supports both your writing and your well-being.

TODAY'S GOAL :

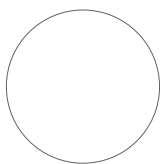
DATE :

PROJECT :

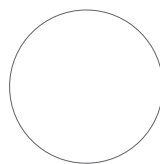
CREATIVE OUTPUT ->



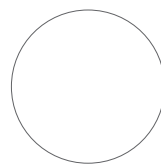
minutes



words



pages



I DID SOME OF THESE :

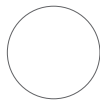
- ☐ Began the day on time
- ☐ Tided my bed/living space
- ☐ Practiced personal hygiene
- ☐ Listened to music
- ☐ Watched television
- ☐ Stepped outside
- ☐ Moved my body
- ☐ Was social online/in-person
- ☐ Played a \_\_\_\_\_ game
- ☐ Went to bed on time

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

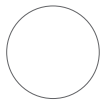
ALSO OF NOTE :

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

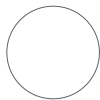
HOW RESTED DID I FEEL?



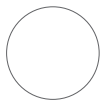
depleted



sluggish



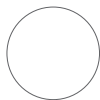
alert



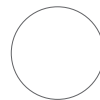
energized

How much sleep? \_\_\_\_\_

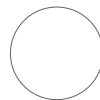
MY MOOD WAS...



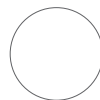
low



tranquil



motivated



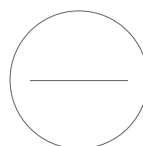
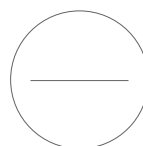
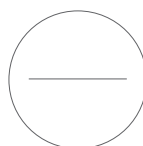
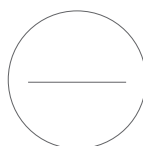
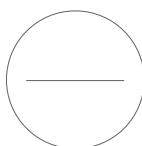
intense

Name it : \_\_\_\_\_

I HYDRATED :



I ATE :



B: breakfast L: lunch D: dinner S: snack

F: I ate food

OK: average nutrition

N: nutritious food

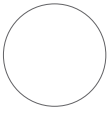
P: poor nutrition

TODAY'S GOAL :

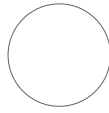
DATE :

PROJECT :

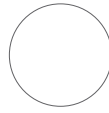
CREATIVE OUTPUT ->



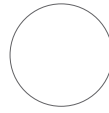
minutes



words



pages



I DID SOME OF THESE :

- ☐ Began the day on time
- ☐ Tided my bed/living space
- ☐ Practiced personal hygiene
- ☐ Listened to music
- ☐ Watched television
- ☐ Stepped outside
- ☐ Moved my body
- ☐ Was social online/in-person
- ☐ Played a \_\_\_\_\_ game
- ☐ Went to bed on time

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

ALSO OF NOTE :

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

HOW RESTED DID I FEEL?



depleted



sluggish



alert



energized

How much sleep? \_\_\_\_\_

MY MOOD WAS...



low



tranquil



motivated



intense

Name it : \_\_\_\_\_

I HYDRATED :



B: breakfast L: lunch D: dinner S: snack

I ATE :



F: I ate food

OK: average nutrition

N: nutritious food

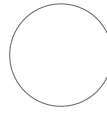
P: poor nutrition

TODAY'S GOAL :

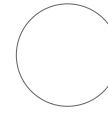
DATE :

PROJECT :

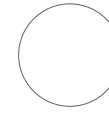
CREATIVE OUTPUT ->



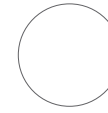
minutes



words



pages



I DID SOME OF THESE :

- ☐ Began the day on time
- ☐ Tided my bed/living space
- ☐ Practiced personal hygiene
- ☐ Listened to music
- ☐ Watched television
- ☐ Stepped outside
- ☐ Moved my body
- ☐ Was social online/in-person
- ☐ Played a \_\_\_\_\_ game
- ☐ Went to bed on time

☐ \_\_\_\_\_

☐ \_\_\_\_\_

☐ \_\_\_\_\_

ALSO OF NOTE :

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

HOW RESTED DID I FEEL?



depleted



sluggish



alert



energized

How much sleep? \_\_\_\_\_

MY MOOD WAS...



low



tranquil



motivated



intense

Name it : \_\_\_\_\_

I HYDRATED :



B: breakfast L: lunch D: dinner S: snack

I ATE :



F: I ate food

OK: average nutrition

N: nutritious food

P: poor nutrition