

Weekly Check-In Trackers Instructions

These single-page trackers are designed to help you check in with yourself and your project periodically throughout the RAWR process. Seeing what you have accomplished can help motivate you to keep on going. Celebrating what's good about your project can help you stay invested, even when it starts to become boring. (And it will, I promise.) Here's how to use the weekly check-in trackers:

1. At the end of each week of writing, fill out one tracker.
2. On the first line, track how many words you wrote (or hours, depending on your goal) *and* on how many days that week you worked toward your writing goal. Then rate your mood about your project *and* describe it in a word or phrase.
3. In the middle section, write a narrative overview of what you accomplished this week. Sometimes it takes describing your achievements to really notice you've achieved them. There is also a separate box for your biggest win this week. Celebrate that!
4. The bottom of the page is your place to look forward to next week. Now is the time to adjust any goals you made earlier based on what you accomplished this past week. How many words do you want to write next week? The number you write in that box may not be the same as "par" for that week, and that's okay.
5. Then make a list of your top three priority to-dos for your writing project. These will help you get started. (Is your to-do list longer than three? Pick the top three *hardest* and/or *most important* and track those here. The rest of them don't need to be on this page.)
6. Finally, make a commitment to yourself. The last box is a pledge to do your best in the upcoming week. Initial it, and then get some rest. A new week starts tomorrow!

On the rest of the pages you will find a template for people tracking word-count goals, a version for people tracking hourly goals, and a sample page to give you ideas. I hope these trackers help you on your way!

Check-in for the week of

This week I...

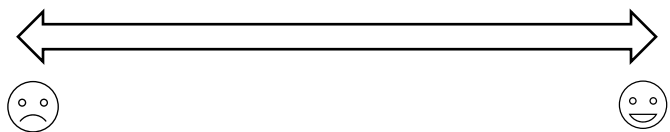
wrote

words

and felt...

on

/7 days



My mood this week:

What I accomplished this week:

My biggest win:

Next week I would like to write

words

My top three writing to-dos for the upcoming week:

- ☐
- ☐
- ☐

I pledge to do my best to accomplish my writing goals in the coming week

initial

Check-in for the week of

This week I...

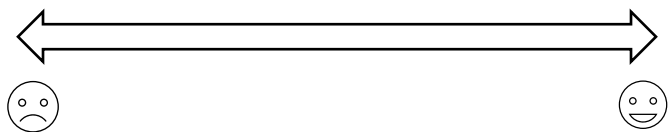
wrote for

hours

and felt...

on

/7 days



My mood this week:

What I accomplished this week:

My biggest win:

Next week I would like to write for

hours

My top three writing to-dos for the upcoming week:

- ☐
- ☐
- ☐

I pledge to do my best to accomplish my writing goals in the coming week

initial

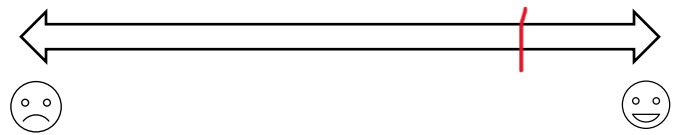
Check-in for the week of 10/1/25

This week I...

wrote
9237
words

and felt...

on
6
/7 days



My mood this week: excited!!!

What I accomplished this week:

I began the draft of my novel that's been floating around in my head for months. While I was writing, I created a new main character who wasn't even part of the original plan, but now I don't know where the story would be without her. I almost got to the end of the "life as usual" phase of the 8-phase story cycle and am ready to start the "trigger" phase!

My biggest win:

when I wrote 3000 on the bus ride down to Ketterdam to visit friends for the weekend

Next week I would like to write

12,000 words

My top three writing to-dos for the upcoming week:

- ☐ start the "trigger" phase
- ☐ character outline my new FMC
- ☐ develop the setting for where they go next

I pledge to do my best to accomplish my writing goals in the coming week

ETT

initial