

Writing  
~~Meeting~~  
in  
Progress

*Please Do Not Disturb*

# Welcome to the 15-minute Academic Writing Challenge

- Pick a time of day you will write.
- Set a timer for 15 minutes. Write.
- When the timer goes off, stop, even if you are mid-sentence.
- Leave a few breadcrumbs to help you get started again: "If I could keep writing what would I do next?"
- Get on with your day.

## Your Goal (it's all about the process):

### Minimum:

At least \_\_\_\_ days/week.

### I can do this!:

Minimum + at least \_\_\_\_ weeks of at least \_\_\_\_ days/week.

### Stretch (keep it painless):

at least \_\_\_\_ weeks of at least \_\_\_\_ days/week

Use this chart to keep track.

Highlight the days when you do your 15 minutes. You can restart any time. Just draw a line under the last used week. Start numbering the weeks from 1 again.



Jo Van Every.ca

# Track Your Progress

Week 1: _____	①	②	③	④	⑤
Week 2: _____	①	②	③	④	⑤
Week 3: _____	①	②	③	④	⑤
Week ____: _____	①	②	③	④	⑤
Week ____: _____	①	②	③	④	⑤
Week ____: _____	①	②	③	④	⑤
Week ____: _____	①	②	③	④	⑤
Week ____: _____	①	②	③	④	⑤
Week ____: _____	①	②	③	④	⑤
Week ____: _____	①	②	③	④	⑤
Week ____: _____	①	②	③	④	⑤

