

15 Minute A Day  
Academic Writing  
Challenge Progress Review



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This is a fillable PDF. You will want to reuse it every 4 to 6 weeks. It may be valuable to see how things change over time. Save this document with a new title that is meaningful to you, maybe in a folder called "15 minute challenge".

1. How many days did you write for 15 minutes? Divide by 4 to get a total number of hours of writing you've done.

"Over the past \_\_\_\_\_ weeks, I have done \_\_\_\_\_ hours of writing."

2. How do you feel about your writing? Write down as many words as come to mind.

Look at the list and identify about 3 that really capture your feelings about this practice.

"Writing for 15-minutes a day feels.....",  
and....."

3. Just based on the way you feel about your writing, do you want to keep going with this practice, even if you need to tweak it a bit?

The next few questions focus on what you accomplished. This may or may not be important to you right now. Feel free to skip if feeling more like a writer is enough for you right now. This is your practice.

4. What projects did you work on? List them all.

5. For each project ask yourself “How has this project moved forward?”

Write down everything you can think of. (Your list will include obvious things like “I now have a really rough draft.” or “I wrote x words.” or “This paper has a functional list of references.” I may also include more abstract stuff like “I have a better idea how to organize this paper.”)

6. Based on both how you feel about your writing AND how your projects moved forward, do you want to keep going with this practice, even if you need to tweak it a bit?

The next set of questions will help you adjust the practice to work better. If you've decided that 15-minutes/day isn't for you, that's okay. The following questions will also help you figure out what might work better for you.

7. What kinds of tasks did you work on within those projects?

8. Is there any connection with the feelings you identified in question 2 and the types of tasks you were working on?

9. Is there a connection between the types of tasks you worked on and the accomplishments you identified in question 5?

10. If you continue with this practice, how would you tweak your process for deciding what to work on?

11. What did you learn about the time of day you chose for your 15 minutes? Are you satisfied with it? Or would you like to experiment with a different time of day for the next 4 weeks or so?

12. How did you do in relation to the goals you set yourself?

1. Did you reach your minimum goal? (remember we wouldn't call it "minimum" if it weren't enough)

2. Did you reach your stretch goal?

13. Do you want to adjust your goals based on what you know now about how this practice works for you?

14. Is there anything else you would like to note about the practice?

Thanks for participating in the challenge. You can keep repeating this cycle until you have a regular writing practice that works for you. Print out a new tracking sheet as needed.

I'd love to hear your feedback on the 15-minute/day academic writing challenge. Email me at [jove@jovanevery.ca](mailto:jove@jovanevery.ca)