**Your Weekly Writing-Moving Log**

**The log that follows is an opportunity for participants to reflect on daily writing activity and physical activity.**

In the space below, describe the daily/ weekly writing goals set at the start of each week. Feel free to explain how the log will be marked to track your goals however you like (e.g. minutes spent writing, pages written, texts produced, etc.). An example of a filled out log follows on the next page.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day/ Date | Pre-Writing Goal | Post-Writing Assessment of Goal | Daily Physical Activity Goal | Reflections/ Comments |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |

**Filled Out Example Log:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day/ Date | Pre-Writing Goal | Post-Writing Assessment of Goal | Daily Physical Activity Goal | Reflections/ Comments |
| Monday | Write 500 words for *DMN* | Goal achieved, but need to edit | Cycle, 40 minutes | It’s harder for me to write and work out on Mondays… |
| Tuesday | Attend writing group, write for an hour in evening | Attended discussion, chose to edit yesterday’s piece  | Yoga Class, 60 minutes | I think yoga makes me anxious to write more because it’s not as fast paced as running or cycling. |
| Wednesday | Submit piece to DMN, write IRB Documents | Goals achieved! | Run, 50 minutes or 5 miles | I LOVE longer mornings for running that always seem to coincide with my longer days for writing. |
| Thursday | No writing time today | --- | Strength training, 40 minutes | I feel guilty for not having time to write today, but I did really need to cross-train with strength to keep all my muscles firing properly. Maintenance woes, I guess. |
| Friday | Write for 2 hours at group writing time | Goal achieved! | HIIT training, 40 minutes | Just glad to have hit another goal ☺  |
| Saturday | Finalize dissertation chapter 1 edits | Made progress but must finish tomorrow | Cycle, 60 minutes | I love having long Saturday mornings for writing & cycling, but sitting so long after working out make me a little crabby. |
| Sunday | Finalizing dissertation chapter edits | Finished, goal achieved! | Rest Day | I kind of hate rest days but I definitely needed the time to round out all my thoughts on this chapter. |