

Scott Editorial

Accountability Tracker

A practical system for setting targets, noticing patterns, and maintaining momentum without turning writing into punishment.



This workbook is designed to be practical. Move through it slowly, write into it honestly, and return to the exercises more than once. The strongest manuscripts are not built by inspiration alone, but by careful decisions made page by page.

What Accountability Should Actually Do

Good accountability is not about guilt. It is about visibility. When writers track their habits, they stop relying on memory and mood alone. Patterns become clear: the time of day that works, the targets that are realistic, the excuses that repeat, and the conditions under which the work genuinely moves.

- Measure the behaviour you can control: sessions, time, pages, scenes, words.
- Use small targets consistently rather than dramatic targets rarely.
- Record obstacles without judgement. They are data, not failure.
- Review weekly, not just daily. Momentum is easier to see over a wider frame.

Choose Your Tracking Method

Method	Best for	Watch out for
Word count	Drafting phases	Can encourage padding if used alone
Time spent	Rebuilding habit, revision stages	Can become vague unless you define what counts as work
Scene or task completion	Revision, structural work, research-heavy projects	Needs clear task definitions
Hybrid	Most writers over time	Keep it simple enough to maintain

Your Commitments

Project I am tracking

Primary metric (words, time, scenes, or hybrid)

My weekly target

My minimum fallback target for difficult days

What tends to derail me most often?

The fallback target matters.

If your full target is 1,000 words, your fallback might be 150 words or ten minutes. A small completed session keeps the habit alive.

Daily Tracking Pages

Date	Planned target	Actual output	Session length	Mood / energy	What helped	What got in the way	Next action

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Weekly Review

Did I meet the weekly target? If not, why not in practical terms?

Which days were easiest to protect, and what was different about them?

Am I setting a target that is sustainable, ambitious, or unrealistic?

What one change would make next week easier?

Pattern Tracker

Pattern noticed	Evidence	Adjustment to test next week

Monthly Snapshot

What kind of progress did I make, beyond raw numbers?

What stage of writing am I in now?

What target should I keep, raise, lower, or change?
