

Research Velocity & Streak Tracker

“The secret to getting ahead is getting started.” — Mark Twain

The Silvia Log: Writing Velocity + Habit Signals

Do some work on your thesis every day, even if it's only for 15 minutes. – Joan Bolker

Do not wait for the muse. Schedule your writing time like a class. – Stephen King

The Downhill Slope: Never stop when you are stuck; stop when you are flowing. Leave a sentence half-finished or a note on the next step so you can start tomorrow without friction.

Streak rule: _____ (e.g., wrote \geq 15 minutes)

Date	Time	Words	WPH*	FT?	ZD?	Notes & Downhill Slope (What's next?)	Strk
Feb 8 (Sun)	90m	450	300	✓	✓	Stopped mid-paragraph on Results intro. Next: describe Table 1 trends.	✓
Feb 9 (Mon)				<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Feb 10 (Tue)				<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Feb 11 (Wed)				<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Feb 12 (Thu)				<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Feb 13 (Fri)				<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Feb 14 (Sat)				<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
Feb 15 (Sun)				<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>

*WPH = Velocity (Words / Hours). **FT?** = First Thing (no email). **ZD?** = Zero Draft (permission to write poorly).

Weekly Retrospective

- Total Words / Average Velocity: _____ / _____ wph
- Days on Streak: _____ / 7 Goal met? Yes No
- Primary Blocker: _____
- Next Downhill Entry Point: _____