

AS Writer's Day Type Tracker

myersfiction.com | Writing with Ankylosing Spondylitis

Week 1

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DAY TYPES: ■ HIGH-OUTPUT ■ MAINTENANCE ■ REST

MONDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

TUESDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

WEDNESDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

THURSDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

FRIDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

SATURDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

SUNDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

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Week 2

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DAY TYPES: ■ HIGH-OUTPUT ■ MAINTENANCE ■ REST

MONDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

TUESDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

WEDNESDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

THURSDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

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NOTES / OBSERVATIONS

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BRAIN FOG (1-10)

ENERGY (1-10)

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H

M

R

NOTES / OBSERVATIONS

AS Writer's Day Type Tracker

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Week 3

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DAY TYPES: ■ HIGH-OUTPUT ■ MAINTENANCE ■ REST

MONDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

TUESDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

WEDNESDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

THURSDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

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SATURDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

SUNDAY

PAIN (1-10)

BRAIN FOG (1-10)

ENERGY (1-10)

WRITING TIME

H

M

R

NOTES / OBSERVATIONS

HIGH-OUTPUT DAY

- Pain & fog are manageable — push forward.
- Extended writing sprints (20–30 min+)
- Tackle complex scenes or plotting
- Draft new material while you can
- Plan marketing or platform tasks
- Set up content for maintenance days

MAINTENANCE DAY

- You can do a little — don't overdo it.
- Short writing sprints (10–15 min)
- Light outlining or brainstorming
- Platform work: newsletter, social media
- Read craft books or research your WIP
- Respond to emails or community posts

REST DAY

- Your body needs recovery. Honor it.
- No drafting pressure — rest is productive
- Read fiction in your genre
- Voice memos: ideas for your next session
- Watch or listen for story inspiration
- Remind yourself: rest is part of the process

HOW TO USE THIS TRACKER

Each morning, rate your pain, brain fog, and energy (1=low, 10=high). Circle or mark your day type (H/M/R). Log your writing time. After 2–4 weeks, look for patterns: when are your best windows? What triggers flares? Use the data to write smarter — not harder.