

The Human Diet: Writing Progress Tracker

Book Overview

- **Total Target Length:** 25,000 words
- **Timeline:** November 2024 - May 2026
- **Schedule:** One day per week writing

Chapter Status

Chapter	Title	Target Words	Current Status	Completion Date
1	The Tooth Tells the Tale	3,500	Outline Complete	
2	Agricultural Revolution and Oral Health	3,000	Outline Complete	
3	Traditional Diets and Dental Health	3,500	Outline Complete	
4	The Sugar Story	3,500	Outline Complete	
5	Industrial Revolution of Food	3,000	Outline Complete	
6	Global Nutrition Transitions	3,000	Outline Complete	
7	Learning from History	2,500	Outline Complete	
8	The Way Forward	2,500	Outline Complete	

Total Outlined: 25,000 words

Next Writing Sessions

Session 1 (Week 3, November)

Priority: Complete Chapter 1 Lucy opening narrative (500 words) - [] Expand Lucy discovery story - [] Add specific fossil details - [] Include paleontologist quotes - [] Connect to broader themes