GoalTodo

Read 24 books in a year: 25 pages a day, a book a fortnight

Read 24 books

52 weeks · Mon, Nov 30 → Sun, Nov 28

Week by week

Tick a box each time you do a session.

Nov 30–Dec 6
Week 1

Line up your books and find your time

Two books

- [ ] Read at the same time each day, then write the date and the pages in your log
  10 pages, about 12 minutes
- [ ] Get a library card, or check yours still works, and borrow three books you want to read. Make one a short one, about 200 pages, to read first
- [ ] Choose your reading time and spot: in bed before lights-out, on the commute, after lunch. Time yourself for 10 minutes once and count the pages
  10 min

Done when: You've read 10 pages on 6 days, three books are lined up, and you know how many pages you read in 10 minutes

Sticking point: Choosing what to read can take longer than reading. Pick what you'd enjoy, not what you think you should read. If you start something and don't enjoy it, try something else.

Dec 7–13
Week 2

Same time, same place

Two books

- [ ] Read at your reading time, then write the date and the pages in your log
  15 pages, about 20 minutes
- [ ] Put your phone on charge in another room for your reading time

Done when: You've read 90 pages this week, your log is at 150 pages or more, and you're about three quarters of the way through book 1

Sticking point: If the phone keeps pulling you away, it's not you: a message or a feed will always feel more urgent than page 12. Out of the room works better than face down on the table.

Dec 14–20
Week 3

Finish your first book

Two books

- [ ] Read at your reading time, then write the pages in your log
  20 pages, about 25 minutes
- [ ] Reserve the next book you want at the library, so it's ready when you need it

Done when: You've read 120 pages this week, your log is at 270 pages or more, and book 1 is finished

Sticking point: If the short book drags, stop and start another. This plan counts books you finish, and a book you're not enjoying costs you days.

Dec 21–27
Week 4

Up to full pace: 25 pages a day

Two books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Find a back-up slot for days your reading time fails, such as a lunch break or the wait before a train

Done when: You've read 150 pages this week, your log is at 420 pages or more, and you're about three quarters of the way through book 2

Sticking point: Thirty minutes in one go can feel long at first. Two sittings of 15 minutes count the same.

Dec 28–Jan 3
Week 5

Two books

Two books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Line up books 3 to 6: borrow two and reserve two

Done when: You've read 150 pages this week, your log is at 570 pages or more, and book 2 is finished: that's Two books on your board

Sticking point: Finishing a book leaves a gap where the next one should be. Start the next book the same day, even if it's only a page.

Jan 4–10
Week 6

Try an audiobook

Six books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Borrow an audiobook from the library and listen on a walk, while cooking or on the commute
  20 min

Done when: You've read 150 pages this week, your log is at 720 pages or more, and you're about three quarters of the way through book 3

Sticking point: Listening counts. An audiobook you finish is a book read, and it fits into time you can't spend with a page in front of you.

Jan 11–17
Week 7

Book 3: ask around

Six books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Ask a friend, a colleague or a librarian what they've loved lately, and add one of their picks to your list

Done when: You've read 150 pages this week, your log is at 870 pages or more, and book 3 is finished

Jan 18–24
Week 8

Keep the pace

Six books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Look back at your log. Find the day of the week that keeps slipping and move its reading time
  10 min

Done when: You've read 150 pages this week, your log is at 1,020 pages or more, and you're about three quarters of the way through book 4

Sticking point: If the missed days fall on the same day each week, fix the day, not your willpower.

Jan 25–31
Week 9

Book 4: something different

Six books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Choose your next book from a kind you don't usually read: non-fiction, short stories, a graphic novel or poetry

Done when: You've read 150 pages this week, your log is at 1,170 pages or more, and book 4 is finished

Feb 1–7
Week 10

Read in the gaps

Six books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Carry your book, or a library ebook on your phone, all week and read in waiting time: queues, buses, appointments

Done when: You've read 150 pages this week, your log is at 1,320 pages or more, and you're about three quarters of the way through book 5

Sticking point: Ten minutes here and there adds up. The 25 pages don't have to come in one sitting.

Feb 8–14
Week 11

Book 5: browse the shelves

Six books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Visit the library and browse the shelves for 20 minutes, without a list
  20 min

Done when: You've read 150 pages this week, your log is at 1,470 pages or more, and book 5 is finished

Feb 15–21
Week 12

A long read on a day off

Six books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] On one day off, read for an hour with a drink and no phone
  1 hour

Done when: You've read 150 pages this week, your log is at 1,620 pages or more, and you're about three quarters of the way through book 6

Sticking point: By week 12 the novelty has gone and the end is still far off. One long, comfortable read reminds you why you started.

Feb 22–28
Week 13

Six books

Six books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Write your list so far: each title and one line on what you thought of it
  10 min

Done when: You've read 150 pages this week, your log is at 1,770 pages or more, and book 6 is finished: that's Six books on your board

Mar 1–7
Week 14

Catch-up week

Six books

- [ ] Read the pages you're short of, if any. On track? Read on at your usual pace, which puts you ahead, or take a lighter week
  up to 25 pages, about 30 minutes
- [ ] Line up books 7 to 9: borrow or reserve them

Done when: Your log shows at least 1,770 pages in total, and you've finished 6 books

Sticking point: Ahead of target? Keep reading at your usual pace. Pages banked now make a busy week later painless.

Mar 8–14
Week 15

Into the second stretch

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Tell someone about the last book you finished, in two minutes

Done when: You've read 150 pages this week, your log is at 1,920 pages or more, and you're about three quarters of the way through book 7

Sticking point: Talking about a book fixes it in your memory, and the person you tell may hand you your next one.

Mar 15–21
Week 16

Book 7: keep the pace

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Look up a reading group at your library, or ask a friend to read the same book as you this month

Done when: You've read 150 pages this week, your log is at 2,070 pages or more, and book 7 is finished

Mar 22–28
Week 17

Bedtime book

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Try reading in bed before lights-out instead of the phone, on at least three nights

Done when: You've read 150 pages this week, your log is at 2,220 pages or more, and you're about three quarters of the way through book 8

Sticking point: If the phone comes to bed, the book loses. Charge it outside the bedroom and keep the book on the pillow.

Mar 29–Apr 4
Week 18

Book 8: steady

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Plan a busy week ahead: write down where each day's 30 minutes will come from
  10 min

Done when: You've read 150 pages this week, your log is at 2,370 pages or more, and book 8 is finished

Apr 5–11
Week 19

A short one

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Choose a short book next, under 200 pages, to keep the momentum

Done when: You've read 150 pages this week, your log is at 2,520 pages or more, and you're about three quarters of the way through book 9

Sticking point: A long book can feel like it will never end. A short one between long ones keeps the count moving.

Apr 12–18
Week 20

Book 9: listen and read

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Listen to an audiobook on your walks or chores this week, on top of your reading
  20 min

Done when: You've read 150 pages this week, your log is at 2,670 pages or more, and book 9 is finished

Apr 19–25
Week 21

Line up the next ones

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Line up books 11 and 12: borrow one and reserve one

Done when: You've read 150 pages this week, your log is at 2,820 pages or more, and you're about three quarters of the way through book 10

Apr 26–May 2
Week 22

Book 10: keep going

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Look at your log: on which days and at what time did you read most? Protect that slot
  10 min

Done when: You've read 150 pages this week, your log is at 2,970 pages or more, and book 10 is finished

May 3–9
Week 23

Stuck in the middle?

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Try a book by a writer from another country, or one in translation

Done when: You've read 150 pages this week, your log is at 3,120 pages or more, and you're about three quarters of the way through book 11

Sticking point: Stuck in the middle of a book? Give it 10 more pages. If it still hasn't caught you, stop and start another: there are plenty to choose from.

May 10–16
Week 24

Book 11: steady

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Read for an hour on one day off
  1 hour

Done when: You've read 150 pages this week, your log is at 3,270 pages or more, and book 11 is finished

May 17–23
Week 25

Halfway month

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Add the last few books to your list with a line on each
  10 min

Done when: You've read 150 pages this week, your log is at 3,420 pages or more, and you're about three quarters of the way through book 12

May 24–30
Week 26

Twelve books

Twelve books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Mark it: tell someone you've read twelve books, and choose a small treat

Done when: You've read 150 pages this week, your log is at 3,570 pages or more, and book 12 is finished: that's Twelve books on your board

Sticking point: Halfway is a good place to check the pace. If 25 pages a day has been easy, carry on. If it's been hard, the catch-up weeks are there for that.

May 31–Jun 6
Week 27

Catch-up week

Twelve books

- [ ] Read the pages you're short of, if any. On track? Read on at your usual pace, which puts you ahead, or take a lighter week
  up to 25 pages, about 30 minutes
- [ ] Line up books 13 to 15: borrow or reserve them

Done when: Your log shows at least 3,570 pages in total, and you've finished 12 books

Sticking point: Behind? Read the pages you're short of this week, at a few extra pages a day, rather than in one marathon session.

Jun 7–13
Week 28

The second half

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Reread your list of twelve and pick the kind of book you enjoyed most. Find another like it

Done when: You've read 150 pages this week, your log is at 3,720 pages or more, and you're about three quarters of the way through book 13

Jun 14–20
Week 29

Book 13: keep the pace

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Ask a librarian for a recommendation based on your favourite book so far

Done when: You've read 150 pages this week, your log is at 3,870 pages or more, and book 13 is finished

Jun 21–27
Week 30

Read in the gaps

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes — ☐☐☐☐☐☐
- [ ] Carry your book everywhere this week and read in waiting time

Done when: You've read 150 pages this week, your log is at 4,020 pages or more, and you're about three quarters of the way through book 14

Sticking point: Holidays, illness and busy months happen. On a bad day, read one page. The habit matters more than the count that day.

Jun 28–Jul 4
Week 31

Book 14: steady

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes — ☐☐☐☐☐☐
- [ ] Try a kind of book you haven't read yet this year

Done when: You've read 150 pages this week, your log is at 4,170 pages or more, and book 14 is finished

Jul 5–11
Week 32

Line up the next ones

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes — ☐☐☐☐☐☐
- [ ] Line up books 16 to 18: borrow or reserve them

Done when: You've read 150 pages this week, your log is at 4,320 pages or more, and you're about three quarters of the way through book 15

Jul 12–18
Week 33

Book 15: read with someone

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Go to a reading group, or talk through a book with a friend who has read it
  1 hour

Done when: You've read 150 pages this week, your log is at 4,470 pages or more, and book 15 is finished

Sticking point: Reading alone for months can go flat. Sharing a book, even with one person, brings it back.

Jul 19–25
Week 34

Phone out of the room

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Phone in another room for your reading time, every day this week

Done when: You've read 150 pages this week, your log is at 4,620 pages or more, and you're about three quarters of the way through book 16

Jul 26–Aug 1
Week 35

Book 16: keep going

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Read for an hour on one day off
  1 hour

Done when: You've read 150 pages this week, your log is at 4,770 pages or more, and book 16 is finished

Aug 2–8
Week 36

A short one

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Choose a short book next, to keep the count moving

Done when: You've read 150 pages this week, your log is at 4,920 pages or more, and you're about three quarters of the way through book 17

Aug 9–15
Week 37

Book 17: steady

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Look back at your log: how many days did you miss this month, and why? Move one slot to fix the worst day
  10 min

Done when: You've read 150 pages this week, your log is at 5,070 pages or more, and book 17 is finished

Aug 16–22
Week 38

Listen and read

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Listen to an audiobook on walks or chores, on top of your reading
  20 min

Done when: You've read 150 pages this week, your log is at 5,220 pages or more, and you're about three quarters of the way through book 18

Aug 23–29
Week 39

Book 18: update your list

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Write the last six titles on your list with a line on each
  10 min

Done when: You've read 150 pages this week, your log is at 5,370 pages or more, and book 18 is finished

Aug 30–Sep 5
Week 40

Catch-up week

Twenty-four books

- [ ] Read the pages you're short of, if any. On track? Read on at your usual pace, which puts you ahead, or take a lighter week
  up to 25 pages, about 30 minutes
- [ ] Choose your last six books: list them, and borrow or reserve the first three

Done when: Your log shows at least 5,370 pages in total, and you've finished 18 books

Sticking point: Choosing the last six now means no week is lost to deciding what to read next.

Sep 6–12
Week 41

The last six

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Tell someone about your favourite book of the year so far

Done when: You've read 150 pages this week, your log is at 5,520 pages or more, and you're about three quarters of the way through book 19

Sep 13–19
Week 42

Book 19: keep the pace

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Plan the next busy week: where will each day's 30 minutes come from
  10 min

Done when: You've read 150 pages this week, your log is at 5,670 pages or more, and book 19 is finished

Sep 20–26
Week 43

Line up the last three

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Borrow or reserve books 22 to 24

Done when: You've read 150 pages this week, your log is at 5,820 pages or more, and you're about three quarters of the way through book 20

Sticking point: With the end in sight, it's tempting to pick only short books. Short books count, but keep reading what you enjoy.

Sep 27–Oct 3
Week 44

Book 20: steady

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Read for an hour on one day off
  1 hour

Done when: You've read 150 pages this week, your log is at 5,970 pages or more, and book 20 is finished

Oct 4–10
Week 45

What's on at the library

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Look up what reading groups or events your library runs next month

Done when: You've read 150 pages this week, your log is at 6,120 pages or more, and you're about three quarters of the way through book 21

Oct 11–17
Week 46

Book 21: keep going

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Phone in another room for your reading time, every day this week

Done when: You've read 150 pages this week, your log is at 6,270 pages or more, and book 21 is finished

Oct 18–24
Week 47

Update your list

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Add the latest books to your list with a line on each
  10 min

Done when: You've read 150 pages this week, your log is at 6,420 pages or more, and you're about three quarters of the way through book 22

Oct 25–31
Week 48

Book 22: two to go

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Plan a small celebration for book 24, and who you'll tell

Done when: You've read 150 pages this week, your log is at 6,570 pages or more, and book 22 is finished

Nov 1–7
Week 49

Next year's list

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Start a list of books you want to read next year

Done when: You've read 150 pages this week, your log is at 6,720 pages or more, and you're about three quarters of the way through book 23

Nov 8–14
Week 50

The last book

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Read for an hour on one day off
  1 hour

Done when: You've read 150 pages this week, your log is at 6,870 pages or more, and book 23 is finished

Nov 15–21
Week 51

Nearly there

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Write a line on each of the 23 books on your list, and pick your three favourites
  20 min

Done when: You've read 150 pages this week, your log is at 7,020 pages or more, and you're about three quarters of the way through book 24

Nov 22–28
Week 52

Twenty-four books

Twenty-four books

- [ ] Read your book at your reading time, then write the pages in your log
  25 pages, about 30 minutes
- [ ] Celebrate, and decide what reading looks like next year: the same pace, slower, or a different kind of book

Done when: You've read 150 pages this week, your log is at 7,170 pages or more, and book 24 is finished: that's Twenty-four books on your board

Sticking point: If the last book runs over into next week, finish it. Twenty-four books in a year and a week is still twenty-four books.

How the plan works

Twenty-four books in a year is two a month. The plan turns that into a number of pages a day, so you always know whether you're on track.

The arithmetic. The plan counts a book as 300 pages. A common publishing rule of thumb is 300 words a page for a paperback, and on that basis most adult fiction genres averaged roughly 220 to 310 pages in 2026 (Reedsy (https://reedsy.com/blog/how-many-words-in-a-book/)), so 300 is on the long side. Shorter books put you ahead.

- 24 books x 300 pages = 7,200 pages in the year.
- 25 pages a day x 6 days = 150 pages a week: one 300-page book a fortnight.
- 7,200 pages / 150 pages a week = 48 weeks at full pace.

How long 25 pages takes. A review of almost 200 studies of reading speed put the average adult at about 238 words a minute (British Psychological Society (https://www.bps.org.uk/research-digest/most-comprehensive-review-date-finds-average-persons-reading-speed-slower)). 25 pages x 300 words = 7,500 words, and 7,500 / 238 is about 31 minutes. So the plan is about 30 minutes a day, six days a week, with one day off. In week 1 you time yourself for 10 minutes and count the pages: if you read faster or slower than average, you'll know how long your 25 pages take.

The two levels.

- I haven't finished a book in a while: 52 weeks. You ease in over four weeks, from 10 pages a day to 25, and start with a short book of about 200 pages. Then 22 more books at a book a fortnight is 44 weeks: 49 weeks of reading, plus three catch-up weeks.
- I already finish a book a month: 44 weeks. You build up over three weeks to 30 pages a day, about 40 minutes. 30 pages x 6 days = 180 pages a week, a 300-page book every ten days or so: 41 weeks of reading, plus three catch-up weeks.

The plan follows the four steps on your board: Two books (week 5, or week 4 if you already read), Six books (week 13, or 11), Twelve books (week 26, or 22) and Twenty-four books (the last week).

Catch-up weeks come after Six books, after Twelve books and after book 18. Use them for any pages you're short of. If you're on track, read on, which puts you ahead. A shorter plan leaves catch-up weeks out, never the last weeks.

Which level to pick

- I haven't finished a book in a while: you read the odd article or a few pages now and then, but you can't remember the last book you finished, or it was months ago.
- I already finish a book a month: you read most weeks and finish a book a month or so, and want to double it. If 40 minutes a day looks like too much, pick the first level instead: from week 4 it's 25 pages a day.

If you're between the two, pick the first level. It's easier to get ahead than to catch up. The Reading Agency suggests starting small, with a timer for 5 or 10 minutes a day (The Reading Agency (https://bookclubhub.co.uk/news/small-steps-to-becoming-a-regular-reader)), which is why the first level starts at about 12 minutes.

Before you start

Find your 30 minutes. Look at where your day already has room: the commute, a lunch break, the half hour before sleep. If your evenings go to your phone, the Spend less time on my phone plan pairs well with this one: the time it wins back is reading time. The National Adult Literacy Agency in Ireland suggests picking a time and a quiet space, and even setting a timer (NALA (https://www.nala.ie/?p=59650)).

Get a library card. It's the cheapest way to read 24 books. Public libraries lend printed books, and many also lend ebooks and audiobooks you can borrow, renew and reserve online for free (Southwark Libraries (https://www.southwark.gov.uk/culture-and-sport/libraries/elibrary-digital-library-services/ebooks-and-eaudiobooks)). Reserve popular books early: there's often a queue.

Line up three books you want to read, not ones you think you should. The plan has you line up the next few every month or so, so you never lose a week deciding.

If reading itself is hard work, you're far from alone: researchers at Kingston University note that more than one in ten UK adults find reading difficult (Kingston University (https://researchinnovation.kingston.ac.uk/en/publications/want-to-read-more-two-experts-give-their-tips-on-what-you-can-do/)). Ask at your library about free adult reading help near you, start with audiobooks, and take the first level at your own pace.

What counts as a book

Any book you finish counts: novels, non-fiction, short stories, poetry, graphic novels, a book you've read before.

Audiobooks count. The Reading Agency suggests listening on a walk, at the gym or while cleaning (The Reading Agency (https://bookclubhub.co.uk/news/small-steps-to-becoming-a-regular-reader)), and NALA says audiobooks are a good way into the habit of following a story. Listening time comes on top of your 30 minutes, so an audiobook on the go can put you a book ahead.

Ebooks count, and a library ebook on your phone means you always have your book with you.

Short books count. A 150-page book is half a fortnight's pages, and a quicker step on your board.

Tools

- A library card, and your library's website for borrowing and reserving, including ebooks and audiobooks.
- A reading log: a notebook, the back page of a diary, or a note on your phone. Write the date and the pages you read each day, and each book when you finish it. The plan's targets are page totals, and the log tells you if you're on track.
- A bookmark in every book, so you can start in seconds.
- A good light where you read, and somewhere to charge your phone outside that room.
- Headphones, if you listen to audiobooks.

Common mistakes

- Finishing books you don't enjoy. The plan counts books you finish, so a book you're dragging through costs you days. If you start something and don't enjoy it, try something else (NALA (https://www.nala.ie/?p=59650)). Give a book 50 pages, then decide.
- Reading only what you think you should. You'll read more of what you want to read.
- Catching up with a marathon. Two hours on Sunday doesn't replace a week of half hours. Missed pages go in the catch-up weeks, a few extra pages a day.
- Reading with the phone in reach. A message is always more urgent than page 12. Put it in another room for your reading time.
- No next book ready. A finished book with nothing to follow can lose you a week. Start the next one the same day.
- Waiting for a free hour. You don't need hours a day to be a real reader (The Reading Agency (https://bookclubhub.co.uk/news/small-steps-to-becoming-a-regular-reader)). Ten minutes in a queue counts towards your 25 pages.

Keeping it up

- Read at the same time every day. A fixed slot needs no deciding. Keep a back-up slot for days it fails.
- Talk about books. Tell a friend what you're reading, ask a librarian for a recommendation, or join a reading group at your library. The Reading Agency points to a study of avid readers that found shared reading and recommendations were key influences on positive attitudes to reading (World Book Night (https://worldbooknight.org/impact/why-is-reading-for-pleasure-important)).

- Make it pleasant: a comfortable chair, a drink, a long read on a day off.
- Keep your list. A line on each book you finish shows how far you've come when a month goes badly, and you can use it in your journal if you keep one.
- On a bad day, read one page. The habit matters more than the count that day.
- Remember why. Research cited by The Reading Agency found that adults who read for just 30 minutes a week were 20% more likely to report greater life satisfaction (World Book Night (https://worldbooknight.org/impact/why-is-reading-for-pleasure-important)).
- At the end of the year, decide what's next: the same pace, a slower one, or a different kind of book.

If you fall behind

Missed 1 week: Carry on with this week's pages, from where your book is. Don't double up to catch up: the missing pages go in the next catch-up week, or at a few extra pages a day.

Missed 2 weeks: Carry on at your usual pace, and read 5 extra pages a day until your log is back on the week's total, or use the next catch-up week. If that runs past your date, the plan leaves out a catch-up week, never the last weeks.

Missed 3 weeks: Restart gently: one week at 15 pages a day with a short book you want to read, then back to your full pace. Count the books you've finished, find the week in the plan where that count is, and carry on from there. Enter your finish date on the plan page to see if it's still realistic, or pick a later one.

Missed 4 or more weeks: Start again from where you are, not where the calendar says. Choose the level that fits you now, start the plan at the week that matches the books you've finished, and set a new date on the plan page. Audiobooks on walks and chores can make up time on busy weeks.

Sources

British Psychological Society
`https://www.bps.org.uk/research-digest/most-comprehensive-review-date-finds-average-persons-reading-speed-slower`
“The average reading rate across all these studies turned out to be just 238 wpm – much slower than the popular 300 wpm estimate.”

British Psychological Society
`https://www.bps.org.uk/research-digest/most-comprehensive-review-date-finds-average-persons-reading-speed-slower`
“A new review has looked at almost 200 studies of reading rates published over the past century to come up with an overall estimate for how quickly we read.”

Reedsy
`https://reedsy.com/blog/how-many-words-in-a-book/`
“If we assume 300 words per page — a good rule of thumb for a paperback book — we can convert our word counts into page counts.”

Reedsy
`https://reedsy.com/blog/how-many-words-in-a-book/`
“In 2026, most fiction genres have an average length of 50,000 words or more.”

The Reading Agency
`https://bookclubhub.co.uk/news/small-steps-to-becoming-a-regular-reader`
“You don’t need to read for hours a day to be a real reader.”

The Reading Agency
https://bookclubhub.co.uk/news/small-steps-to-becoming-a-regular-reader
“Set a timer for 5 or 10 minutes a day.”

The Reading Agency
https://bookclubhub.co.uk/news/small-steps-to-becoming-a-regular-reader
“You can listen to audiobooks when you’re on a walk, in the gym or cleaning the house.”

National Adult Literacy Agency (NALA)
https://www.nala.ie/?p=59650
“If you start something and don’t enjoy it, try something else.”

National Adult Literacy Agency (NALA)
https://www.nala.ie/?p=59650
“Pick out a time and quiet space to sit down and read and even set yourself a timer.”

National Adult Literacy Agency (NALA)
https://www.nala.ie/?p=59650
“You can listen as you go and they’re great to get you into the habit of following a story.”

The Reading Agency (World Book Night)
https://worldbooknight.org/impact/why-is-reading-for-pleasure-important
“Adults who read for just 30 minutes a week are 20% more likely to report greater life satisfaction.”

The Reading Agency (World Book Night)
https://worldbooknight.org/impact/why-is-reading-for-pleasure-important
“A study of 1,136 self-reported ‘avid-readers’, indicates that shared reading experiences and recommendations supporting choice are key influences on positive attitudes towards reading.”

Southwark Libraries
https://www.southwark.gov.uk/culture-and-sport/libraries/elibrary-digital-library-services/ebooks-and-eaudiobooks
“eBooks and eAudiobooks are free to borrow, renew and reserve online for library members.”

Southwark Libraries
https://www.southwark.gov.uk/culture-and-sport/libraries/elibrary-digital-library-services/ebooks-and-eaudiobooks
“Reservations are free and can be placed against any eBook or eAudiobook title that is on loan to another borrower.”

Kingston University London
https://researchinnovation.kingston.ac.uk/en/publications/want-to-read-more-two-experts-give-their-tips-on-what-you-can-do/
“Half of the adults in the UK don’t read regularly for pleasure, and more than one in ten find reading difficult.”

This plan online	https://goaltodo.com/read-24-books
Reach it with others on Welang	https://welang.com/goals/read-24-books
Reach it on your own in HourLife	https://www.hourlife.com