

Worksheet 3.1: Reskilling Velocity Tracker

Companion to Elastic Intelligence, Chapter 3

Name: Date:

How to use: Track how fast you are learning one target skill (Chapter 3). Each week, record practice hours and a demonstrated-skill score from 1 (novice) to 5 (fluent on real tasks).

Target skill: Start date:

Week	Practice hours	Skill score (1–5)	Change from last week	What helped	What got in the way

Velocity = (final score – starting score) ÷ weeks:

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