Worksheet 1.2: Elasticity Checklist Tracker

Companion to Elastic Intelligence, *Chapter 1*

Name: _____ Date: _____

How to use: Answer each of the 50 items in Section 1.5 Yes (1) or Not yet (0). Record your scores here at the start, at Day 45, and at Day 90.

Item	Start	Day 45	Day 90	Item	Start	Day 45	Day 90
1				26			
2				27			
3				28			
4				29			
5				30			
6				31			
7				32			
8				33			
9				34			
10				35			
11				36			
12				37			
13				38			
14				39			
15				40			
16				41			
17				42			
18				43			
19				44			
20				45			

Item	Start	Day 45	Day 90	Item	Start	Day 45	Day 90
21				46			
22				47			
23				48			
24				49			
25				50			

Domain subtotal (0–10)	Start	Day 45	Day 90
Adaptive learning (1–10)			
Human interface (11–20)			
Synthesis (21–30)			
Ethical navigation (31–40)			
AI fluency (41–50)			

Total (0–50): Start ____ · Day 45 ____ · Day 90 ____

My two lowest items, and one practice for each:

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