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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