Worksheet 7.2: 30-Day AI Fluency Bootcamp Tracker

Companion to Elastic Intelligence, *Chapter 7*

Name: _____ Date: _____

How to use: One line a day (Section 7.8).

Day	Week focus	Real task	Elements used (R C T C F C)	Errors found	Two-line journal
1	Operation				
2	Operation				
3	Operation				
4	Operation				
5	Operation				
6	Operation				
7	Operation				
8	Direction				
9	Direction				
10	Direction				
11	Direction				
12	Direction				
13	Direction				
14	Direction				
15	Evaluation				
16	Evaluation				
17	Evaluation				
18	Evaluation				
19	Evaluation				
20	Evaluation				

Day	Week focus	Real task	Elements used (R C T C F C)	Errors found	Two-line journal
21	Evaluation				
22	Integration				
23	Integration				
24	Integration				
25	Integration				
26	Integration				
27	Integration				
28	Integration				
29	Integration				
30	Integration				

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