14-day skill practice tracker

14-day skill practice tracker turns a broad intention into a sequence of actions you can record on paper. The 14 steps begin with observation, move into a small practical experiment, test an everyday constraint and finish with a review. Use the notes to choose your next action from evidence rather than a perfect streak. This two-week program builds a sequence, then tests it under different everyday constraints.

My goal:

Day 1 ◯	Day 2 ◯	Day 3 ◯	Day 4 ◯	Day 5 ◯
Day 6 ◯	Day 7 ◯	Day 8 ◯	Day 9 ◯	Day 10 ◯
Day 11 ◯	Day 12 ◯	Day 13 ◯	Day 14 ◯	

Mark completed days; after a missed day, continue with the current task.



Course

Daily tasks and notes

▫ Day 1

Describe a practical outcome you want to produce. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to describe a practical outcome you want to produce, and which condition helped?

▫ Day 2

Select a small reference for your first exercise. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to select a small reference for your first exercise, and which condition helped?

▫ Day 3

Define one criterion for checking the result. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to define one criterion for checking the result, and which condition helped?

▫ Day 4

Complete the exercise and save the first attempt. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to complete the exercise and save the first attempt, and which condition helped?

▫ Day 5

Find a specific difference from your chosen reference. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to find a specific difference from your chosen reference, and which condition helped?

▫ Day 6

Try correcting only that identified difference. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to try correcting only that identified difference, and which condition helped?

Daily tasks and notes

▫ Day 7

Explain why the correction works in your own words. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to explain why the correction works in your own words, and which condition helped?

▫ Day 8

Choose a second example from a similar situation. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose a second example from a similar situation, and which condition helped?

▫ Day 9

Repeat the familiar exercise with new material. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to repeat the familiar exercise with new material, and which condition helped?

▫ Day 10

Ask for feedback on one precise question. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to ask for feedback on one precise question, and which condition helped?

▫ Day 11

Practise the difficult fragment in a shorter form. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to practise the difficult fragment in a shorter form, and which condition helped?

▫ Day 12

Use the skill on a small real task. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to use the skill on a small real task, and which condition helped?

Daily tasks and notes

▫ Day 13

Compare the new attempt with your saved starting result. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to compare the new attempt with your saved starting result, and which condition helped?

▫ Day 14

Choose an exercise and criterion for the next week. Choose an amount that fits today’s actual schedule. After trying the action, mark the day and save one useful observation.

What happened when you tried to choose an exercise and criterion for the next week, and which condition helped?

Reflection and next step

How to use

1. Choose one personal goal for skill practice before you print. Describe an action you want to notice in everyday life, rather than an ambitious outcome you cannot check directly.
2. Keep the overview and task pages together somewhere you will see them. Read the next task in advance and reserve a realistic time slot, including a smaller backup slot for a busy day.
3. Mark the day after you try its action. Answer the note question in one concrete sentence: what you did, what happened, or which obstacle deserves another experiment.
4. After a missed day, keep your completed marks. Resume at the next unfinished task and change one practical condition that got in your way, such as timing, materials or the size of the action.

Which actions helped? What will I simplify next time? Which small step will I take tomorrow?

Keep practising

After this independent 14-day program, continue with the course “Как учиться на практике”. It currently offers two lessons in Russian: choose a small practical action and check its result. Your challenge notes can help you select a useful example for that learning cycle.

https://sprintcourse.com/ru/courses/learning-practice