

AI Wins Tracker

A simple log to see your progress with AI over time

Why track your wins?

This tracker gives you a quick way to see how AI is helping you over days and weeks, not just in one session.

It pairs with the AI Wins Journal, but is more structured and numbers-based.

Use this tracker when you want to:

- See which tasks give you the best results
 - Notice which prompts worked well
 - Watch your confidence grow over time
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How to use this page

1. **Print one copy and keep it nearby.**

You can clip it to a board or keep it with your journal pages.

2. **Each time AI helps you in a useful way, fill in one row.**

Short notes are enough. You are just logging patterns, not writing an essay.

3. Once a week, review your entries.

Look for:

- Which tools you used most
- What kinds of tasks felt easiest
- Where your confidence scores went up

4. When you fill up the page, start a new one.

You can keep all your tracker pages together in a folder or binder.

On the next page is a simple table layout you can print and reuse.

AI Wins Tracker – Entries

Use one entry each time AI helps you in a useful way.

Entry 1

Date: _____

Tool used (for example: ChatGPT, Claude, Gemini):

What did I ask AI to help with?

(Short description of the task.)

What did AI do that helped me?

(What was useful, surprising, or time-saving?)

How did I use the result?

(For example: sent it, printed it, saved it, or used it as a draft.)

What did I learn from this?

(About how to ask, what works for me, or what to try next time.)

Confidence for this task (circle one):

1 – Not confident at all

2 – A little unsure

3 – Starting to get the hang of it

4 – Mostly comfortable

5 – Very comfortable

Notes:

AI Wins Tracker – Entries

Use one entry each time AI helps you in a useful way.

Entry 2

Date: _____

Tool used (for example: ChatGPT, Claude, Gemini):

What did I ask AI to help with?

(Short description of the task.)

What did AI do that helped me?

(What was useful, surprising, or time-saving?)

How did I use the result?

(For example: sent it, printed it, saved it, or used it as a draft.)

What did I learn from this?

(About how to ask, what works for me, or what to try next time.)

Confidence for this task (circle one):

1 – Not confident at all

2 – A little unsure

3 – Starting to get the hang of it

4 – Mostly comfortable

5 – Very comfortable

Notes:

AI Wins Tracker – Entries

Use one entry each time AI helps you in a useful way.

Entry 3

Date: _____

Tool used (for example: ChatGPT, Claude, Gemini):

What did I ask AI to help with?

(Short description of the task.)

What did AI do that helped me?

(What was useful, surprising, or time-saving?)

How did I use the result?

(For example: sent it, printed it, saved it, or used it as a draft.)

What did I learn from this?

(About how to ask, what works for me, or what to try next time.)

Confidence for this task (circle one):

1 – Not confident at all

2 – A little unsure

3 – Starting to get the hang of it

4 – Mostly comfortable

5 – Very comfortable

Notes:
