

The Lab Log

WORKSHEET 8 OF 11

Six lines, once a week. Line 4 is the one hiring managers read twice.

Week of: _____

The weekly public entry, distilled from your private troubleshooting log.

1. Date and time spent. *The date is non-negotiable; it is what turns entries into a track record.*

Date: _____

Time spent: _____

2. What I set out to do. *One sentence; ties the entry to a study topic or blueprint step.*

3. What actually happened. *Including - especially - what broke, with the real error text.*

4. What I tried that failed. *The wrong theories, each in one line. This is the line that makes the entry believable.*

1. _____

2. _____

3. _____

5. What worked, and why. *The root cause in plain language, not just the fix command.*

6. The trace. *The link, diagram, or config that a stranger could open - plus one line on what you would try next.*

Link: _____

Next: _____

The two rules

Publish at thirty minutes: a rough dated entry beats a polished late one.

Published at: _____ minutes

One entry per week is success: the streak is the evidence.

Weeks on the streak: _____