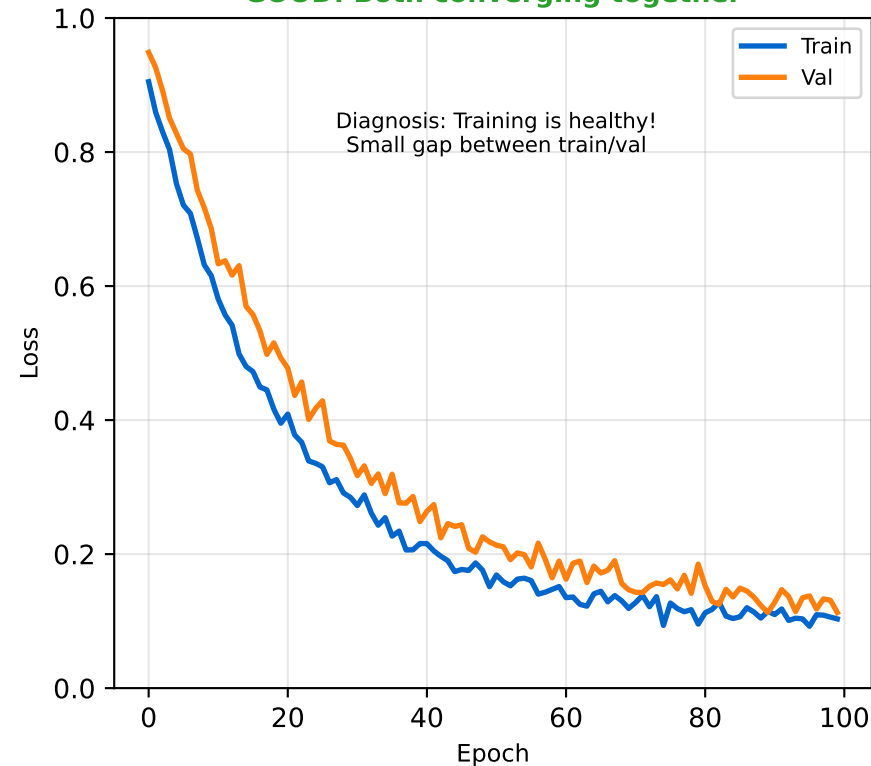
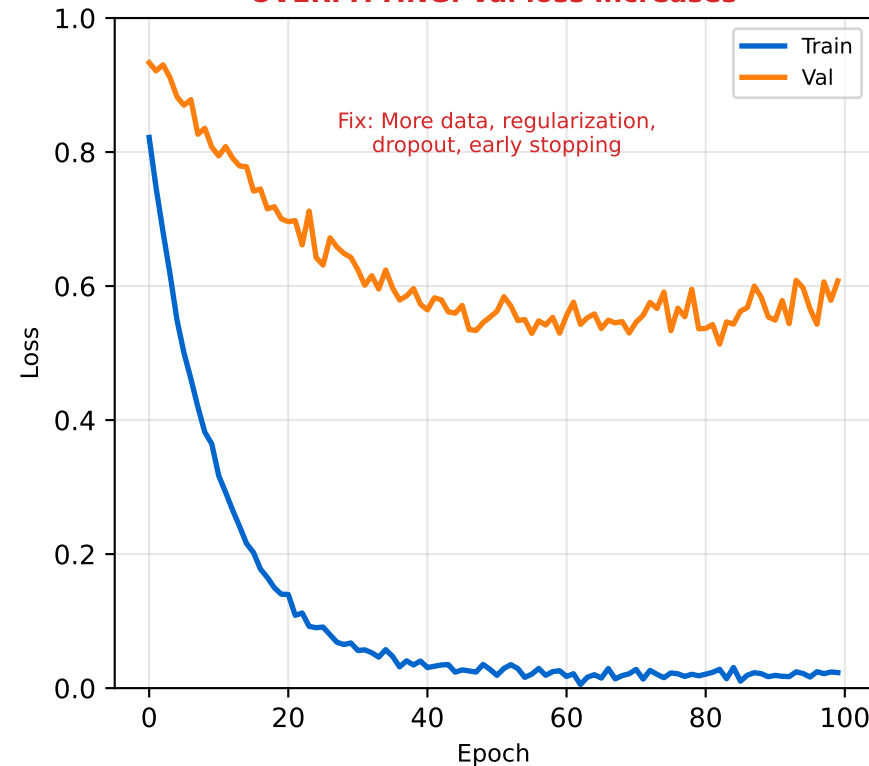


# Training Diagnostics: Learning to Read Learning Curves

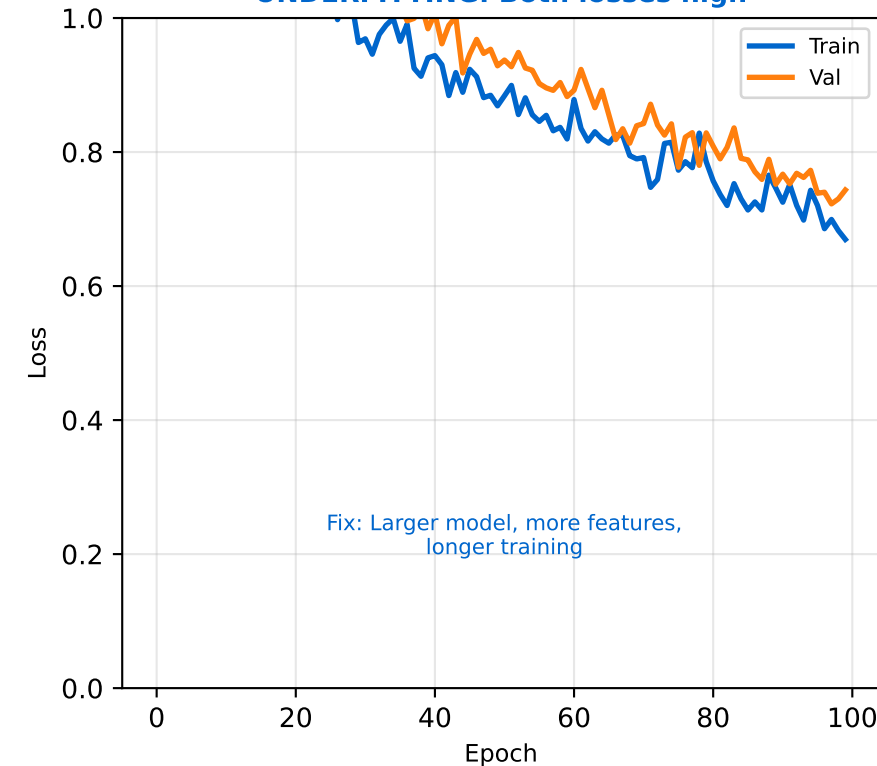
**GOOD: Both converging together**



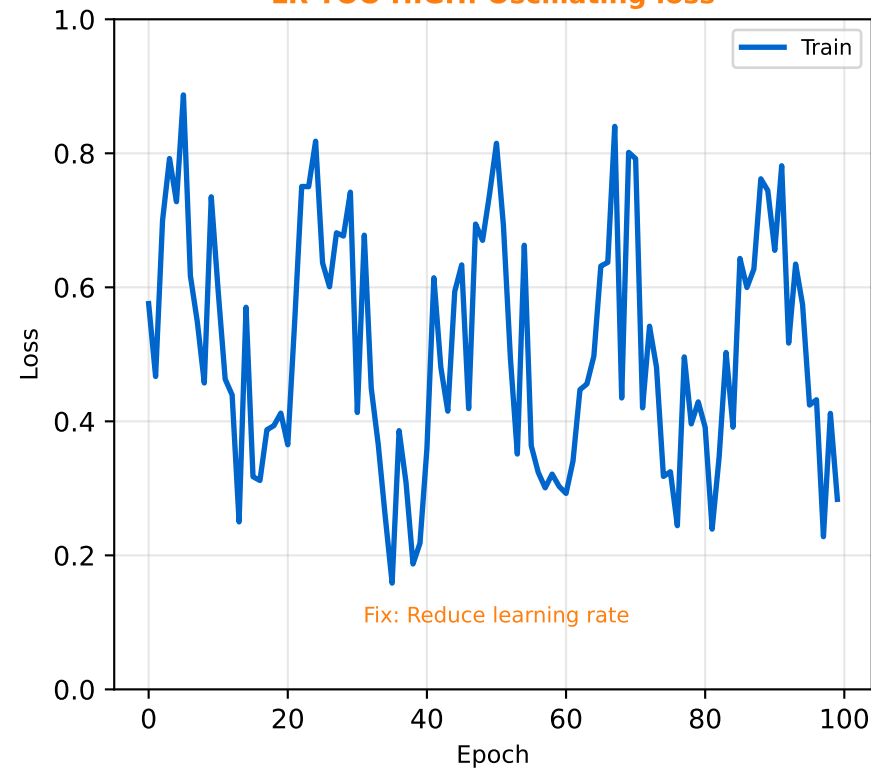
**OVERFITTING: Val loss increases**



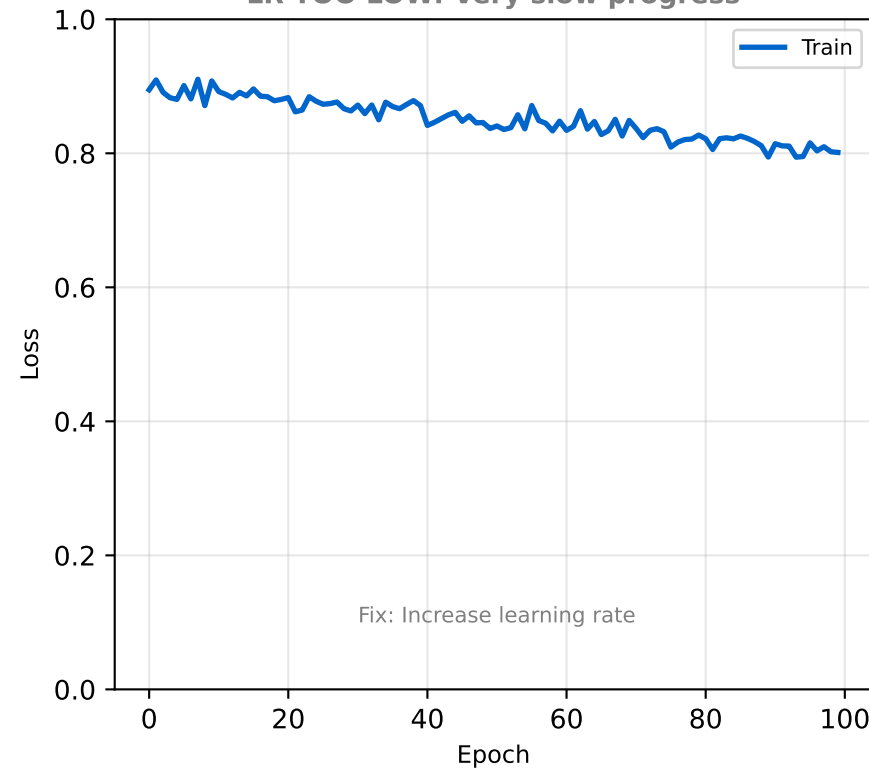
**UNDERFITTING: Both losses high**



**LR TOO HIGH: Oscillating loss**



**LR TOO LOW: Very slow progress**



**PLATEAU: Learning stalled**

