Session Log - YYYY-MM-DD

Session Info

- Date: YYYY-MM-DD
- Time: HH:MM
- Topic: [Your topic here]
- Study Mode: [Sprint/Core/Drill]
- Time Spent: [X] minutes

Execution Details

- Frameworks Used: [e.g., H-MAP, M-REP, etc.]
- Gated Platter Triggered: [Yes/No]
- WRAP Phase Reached: [Yes/No]
- Anki Cards Created: [X]

Ratings

- Understanding Level: [1-5]/5
- Retention Confidence: [1-5]/5
- System Performance: [1-5]/5

Reflection

What Worked

- [What went well in this session]
- [Techniques or frameworks that were effective]
- [Any breakthroughs or insights]

What Needs Fixing

- [Areas for improvement]
- [Challenges encountered]
- [System tweaks needed]

Notes/Insights

- [Key insights or observations]
- [Connections to other topics]
- [Follow-up actions needed]