



# WEEKLY AI USAGE LOG

Tracking your AI use helps you see what is actually improving your work. Instead of guessing whether a tool is helping, you create a record of what you used, what it supported, and what result it gave you.

## TOOLS I USED THIS WEEK

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*Name each AI tool and the task it helped with. Be specific.*

Tool + Task 1:

Tool + Task 2:

Tool + Task 3:

Tool + Task 4:

## WHERE IT ADDED VALUE

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*Where did AI save time, improve output, or make the work easier this week?*

Where it genuinely helped:

The task it helped most and why it worked:

## WHERE IT CREATED FRICTION

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*Where did AI slow you down, add unnecessary complexity, or simply not pull its weight?*

Where it slowed me down or added friction:

The tool or task I'll change or cut next week:

What I'll do differently:

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Growth lives on the other side of action.