

# Preparation Progress Tracker

4-week self-assessment and pivot indicators

Use this weekly. If you hit a pivot trigger, adjust your approach immediately.

## Section 1: Knowledge Assessment (rate 1–5 each week)

1 = weak / unclear, 3 = usable, 5 = strong / confident

Dimension	Week 1	Week 2	Week 3	Week 4
Fundamentals				
Patterns				
Trade-offs				
Communication				

## Section 2: Practice Quality (track effort + feedback)

Metric	W1	W2	W3	W4
Hours practiced (total)				
Mock interviews completed (#)				
Designs reviewed by others (#)				

## Section 3: Confidence Metrics (rate 1–5 each week)

Metric	W1	W2	W3	W4
Comfort with timing (finish in 35–45 min)				
Clarity on gaps (know what to fix next)				
Interview readiness (would interview tomorrow)				

## Section 4: Decision Triggers (pivot indicators)

- After 2 weeks, my scores are not improving (or feel stuck/plateaued).  Yes  No
- I cannot clearly explain trade-offs out loud without rambling or freezing.  Yes  No
- I'm within 8–10 weeks of interviews and still below 3/5 on Communication or Patterns.  Yes  No

**Notes / Weekly focus (what to fix next):**

---

---