

Quick Start

The one-page version. Read the full Program Guide when you have 15 minutes.

Version 1.0.0 - last reviewed 2026-08-12

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- ☐ Read your last 10 games from your own match history and log them on the Baseline sheet (Program Guide, Section A2).
- ☐ Compare your CS/min against the Benchmarks table and pick your single weakest measurable thing (Section A3).
- ☐ Find that thing's card in the Drill Library and read its pass bar.
- ☐ Before your next ranked session, run the Warmup Card for your role.
- ☐ Play 2-3 games holding that one focus. Log every game in the Tracker Workbook.
- ☐ After each game, write a one-sentence lesson before queueing again (Section A8).
- ☐ Stop the session after 2 losses in a row (Section A9) -- no exceptions.
- ☐ After 10 games, review: did the number move? Graduate or repeat (Section A10).

This is the short version. The full Program Guide explains why each step exists and what to do when something does not go as expected.

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