

Action Seven Day Practice Plan - Raise a Personal Best

Action | Raise a Personal Best | Asset ID GAME-01-04-07

Player goal: find one scoring opportunity that does not destroy the run. Success means you can improve a personal score while tracking attempts.

How to use this download

This is a genre-level learning resource, so it works across original browser games that share action mechanics. Read one section, test it in a short session, and write down what happened. Keep the part that helped; change the part that did not.

Planning field	Write or choose
Category	Action
Resource	Seven Day Practice Plan
Player goal	Raise a Personal Best
Session length	Choose 10, 20 or 30 minutes
Baseline	Record one normal attempt before changing anything
Review rule	Change one variable, then compare like with like

Category fundamentals

The useful starting point in Action games is to read threats, move with intent and choose safe attack windows. These six fundamentals give your practice a clear order.

#	Fundamental	Player cue
1	Movement and spacing	Notice it before acting
2	Attack timing	Practise it slowly
3	Defence and recovery	Name the cue
4	Threat priority	Use it in one safe attempt
5	Resource use	Record one result
6	Arena awareness	Retest under light pressure

Before the first attempt

- Write the exact result you want from this session.
- Check the game's own rules and controls; this guide does not replace them.
- Pick one metric from page 3. More numbers are not automatically better.
- Protect a stable baseline before adding one calculated risk.
- Stop the session while you can still describe what changed.

Seven Day Practice Plan

Keep each session short enough to review. For raise a personal best, use the same baseline on day 1 and day 7 so the comparison means something.

Day	Focus	Drill	Measure	Note
Day 1	Movement and spacing	Survive without attacking	Damage taken	Result: _____
Day 2	Attack timing	Isolate one target	Clean actions in a row	Result: _____
Day 3	Defence and recovery	Alternate attack and defence	Time survived	Result: _____
Day 4	Threat priority	Clear a small area without damage	Resources left	Result: _____
Day 5	Resource use	Save one resource for recovery	Recovery success rate	Result: _____
Day 6	Arena awareness	Repeat one encounter with a new route	Damage taken	Result: _____
Day 7	Movement and spacing	Survive without attacking	Clean actions in a row	Result: _____

Session rule

Warm up for two minutes, practise one skill, apply it in normal play, and finish with a two-sentence review. Do not add a second drill because the first one felt difficult.

Action Practice Lab

Pick one drill. Run a normal attempt first, then three focused attempts, then one normal attempt again. The final attempt shows whether the practice transferred back into play.

#	Drill	Skill tested	Record	Result
1	Survive without attacking	Movement and spacing	Damage taken	Result: _____
2	Isolate one target	Attack timing	Clean actions in a row	Result: _____
3	Alternate attack and defence	Defence and recovery	Time survived	Result: _____
4	Clear a small area without damage	Threat priority	Resources left	Result: _____
5	Save one resource for recovery	Resource use	Recovery success rate	Result: _____
6	Repeat one encounter with a new route	Arena awareness	Damage taken	Result: _____

Common traps and a cleaner response

Trap	Cleaner response
Mashing every input	Pause at the trigger and state the intended action.
Chasing into danger	Return to one dependable input before rebuilding speed.
Using every resource at once	Use a fixed marker, route or rule for the next test.
Ignoring recovery frames	Compare the attempt with the same starting state.
Watching the character instead of threats	End the run, write the cause and reset deliberately.

Small signal dashboard

Choose one main signal for the week. A score can rise while decision quality gets worse, so keep one behaviour measure beside the result.

Signal	Start	Latest	Decision
Damage taken	Baseline: _____	Current: _____	Keep / change: _____
Clean actions in a row	Baseline: _____	Current: _____	Keep / change: _____
Time survived	Baseline: _____	Current: _____	Keep / change: _____
Resources left	Baseline: _____	Current: _____	Keep / change: _____
Recovery success rate	Baseline: _____	Current: _____	Keep / change: _____

Session Sheet for Raise a Personal Best

Today's focus is to find one scoring opportunity that does not destroy the run. Protect a stable baseline before adding one calculated risk.

Session field	Entry
Player or initials	_____
Date and game	_____
Input method	Keyboard / touch / gamepad / other
Session target	_____
Main signal	Damage taken
Comfort check	Visual / audio / motion / reach / break plan

Twenty-minute practice shape

Time	Action
0-2 min	Warm up with familiar inputs. No score target.
2-7 min	Focused drill: Survive without attacking.
7-12 min	Focused drill: Isolate one target.
12-17 min	Return to normal play and use the skill only when its cue appears.
17-20 min	Record the result, one cause and the next test.

Attempt log

Attempt	Outcome	Observation	Decision
1	Result: _____	Cue noticed: _____	Next change: _____
2	Result: _____	Cue noticed: _____	Next change: _____
3	Result: _____	Cue noticed: _____	Next change: _____
4	Result: _____	Cue noticed: _____	Next change: _____
5	Result: _____	Cue noticed: _____	Next change: _____

Close the session

- What improved when I slowed down? _____
- Where did the first avoidable error begin? _____
- What setting or instruction should stay the same next time? _____
- Next session's single focus: _____

Controls, Comfort and Accessibility Lab

A strong setup removes friction without playing the game for you. Record the current setup, change one option and replay the same short section before deciding what to keep.

Area	One option to test	Question after the replay
Visual clarity	Text size, contrast, effects or camera	Can I read the next cue in time?
Audio clarity	Cue balance, captions or output device	Can I identify the useful sound comfortably?
Input reach	Binding, grip, gesture area or handedness	Can I repeat the input without strain?
Motion comfort	Camera speed, shake, blur or field of view	Can I track movement without discomfort?
Session pace	Pause points, reminders or break length	Can I finish focused rather than fatigued?
Interface load	Notifications, clutter or pointer size	Is the objective easier to find?

One-change comparison

Test field	Record
Short test section	_____
Original setting	_____
Single change	_____
Old result	Damage taken: _____
New result	Damage taken: _____
Comfort before / after	___ / 5 ___ / 5
Decision	Keep / revise / restore / test again

Stop-and-adjust signals

- Repeated wrong inputs after slowing down
- Text, targets or hazards remain hard to distinguish
- Headache, eye strain, dizziness, numbness or pain
- Audio is uncomfortable or masks the cue you need
- Frustration makes the next attempt less deliberate

Action Scenario Cards

Use these cards away from a live attempt first. Say what you notice, choose one action and name the evidence that would make you change course. There is rarely one universal answer; the value is in making the decision visible.

#	Situation	First question	Small response
1	The opening plan stops working earlier than expected.	Check movement and spacing	Use: survive without attacking
2	A tempting reward appears while the safe route is still available.	Check attack timing	Use: isolate one target
3	One mistake has just broken the rhythm of the run.	Check defence and recovery	Use: alternate attack and defence
4	The useful cue is visible, but the input keeps arriving late.	Check threat priority	Use: clear a small area without damage
5	The result improves once, then drops on the next two attempts.	Check resource use	Use: save one resource for recovery
6	You have enough time for only one more focused attempt.	Check arena awareness	Use: repeat one encounter with a new route

Work one card fully

Decision field	Notes
Chosen card	_____
What is known	_____
What is assumed	_____
Safe option	_____
Higher-risk option	_____
My choice and reason	_____
Evidence to watch	Clean actions in a row: _____
Goal connection	This helps me find one scoring opportunity that does not destroy the run.

Debrief

- What did I notice early enough? _____
- Which assumption was wrong? _____
- Did the result come from the decision or the input? _____
- What would make the safer option too passive? _____

Seven-Session Evidence Tracker

Use the same main signal for all seven sessions. The purpose is to see whether work on raise a personal best transfers into normal play, not to manufacture a perfect upward line.

Session	Focus	Signal	Result	One useful note
1	Movement and spacing	Damage taken	_____	_____
2	Attack timing	Clean actions in a row	_____	_____
3	Defence and recovery	Time survived	_____	_____
4	Threat priority	Resources left	_____	_____
5	Resource use	Recovery success rate	_____	_____
6	Arena awareness	Damage taken	_____	_____
7	Movement and spacing	Clean actions in a row	_____	_____

Compare the pattern

Review	Value	Context
Baseline result	_____	Conditions: _____
Typical result	_____	Based on sessions: _____
Best repeatable result	_____	Repeated how often? _____
Largest drop	_____	Likely trigger: _____
Comfort pattern	_____	Break or setup change: _____

Evidence-based decision

- Keep: the routine that produced a repeatable gain.
- Change: the smallest cause linked to the repeated error.
- Pause: a metric that adds logging but no useful decision.
- Next target: one behaviour and one result for the next seven sessions.

Personal Playbook and Next-Step Plan

Finish by turning your notes into a short playbook you can actually remember. Write actions in your own words and keep only the cues that changed a decision or result.

Moment	My rule
Before play	I will check the objective, comfort and movement and spacing.
Opening cue	When I notice _____, I will test attack timing.
Pressure rule	When the plan breaks, I will _____.
Recovery rule	After an error, I will use save one resource for recovery.
Risk rule	I will take the higher-risk option only when _____.
Stop rule	I will pause or finish when _____.
Review rule	I will record damage taken and one cause.

Two-week continuation plan

Session	Practice	Purpose
Session 1	Survive without attacking	Set a clean baseline
Session 2	Isolate one target	Repeat one visible cue
Session 3	Alternate attack and defence	Apply under light pressure
Session 4	Clear a small area without damage	Retest the weak section
Session 5	Save one resource for recovery	Check transfer to normal play
Session 6	Repeat one encounter with a new route	Review: Raise a Personal Best

Completion review

- I can now improve a personal score while tracking attempts: yes / partly / not yet
- The clearest evidence is: _____
- The most useful page in this workbook was: _____
- My next small target is: _____

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