

# Action Level and Progress Tracker - Play Consistently

Action | Play Consistently | Asset ID GAME-01-06-06

**Player goal: make the opening, recovery and review routine repeatable. Success means you can narrow the gap between best and typical results.**

## 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       | Level and Progress Tracker                         |
| Player goal    | Play Consistently                                  |
| 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.
- Use the same short warm-up and session length for a fair comparison.
- Stop the session while you can still describe what changed.

## Level and Progress Tracker

Track enough to see a pattern, not so much that logging replaces play. Use one main metric and one short note for each session.

| Session | Date / minutes | Main metric | Result | What changed |
|---------|----------------|-------------|--------|--------------|
| 1       | ___ / ___      | _____       | _____  | _____        |
| 2       | ___ / ___      | _____       | _____  | _____        |
| 3       | ___ / ___      | _____       | _____  | _____        |
| 4       | ___ / ___      | _____       | _____  | _____        |
| 5       | ___ / ___      | _____       | _____  | _____        |
| 6       | ___ / ___      | _____       | _____  | _____        |
| 7       | ___ / ___      | _____       | _____  | _____        |
| 8       | ___ / ___      | _____       | _____  | _____        |

### Progress review

- Best result: \_\_\_\_\_
- Typical result: \_\_\_\_\_
- Largest swing between attempts: \_\_\_\_\_
- One skill that now feels automatic: \_\_\_\_\_
- Next seven-session target: \_\_\_\_\_

## 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 Play Consistently

Today's focus is to make the opening, recovery and review routine repeatable. Use the same short warm-up and session length for a fair comparison.

| 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 make the opening, recovery and review routine repeatable. |

## 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 play consistently 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: Play Consistently     |

### Completion review

- I can now narrow the gap between best and typical results: yes / partly / not yet
- The clearest evidence is: \_\_\_\_\_
- The most useful page in this workbook was: \_\_\_\_\_
- My next small target is: \_\_\_\_\_

Original independent resource created for ArcadeOwl. It is a generic learning and record-keeping aid, not an official game manual and not affiliated with a game publisher or platform. Check each game's own controls, rules, age guidance and terms. Stop if play causes pain, dizziness or distress, and seek suitable advice where needed. Do not add copied screenshots, maps, artwork, story text, music, manual pages or third-party walkthrough text when adapting this file.