

Write the weight down once.
Beat it slowly forever.

One line per LIFT session is all the tracking this system needs. The weight rule lives here: when a load feels like 10 or 11 reps were possible for two straight weeks, nudge it up. The tank column keeps you honest.

DATE	SESSION	MAIN LOADS	REPS	IN THE TANK? Y / N	ONE WORD EASY · RIGHT · HEAVY	NIGHT BEFORE

"In the tank?" gets a Y or an N. If it's N, the weight was too heavy or the night was too short. Neither is a character flaw; both are information. The one word is the whole review: two "easy" marks on the same lift, two weeks running, means nudge it up.

There's no ceiling on the climb. This page has no last row on purpose: the loads keep going up as long as you keep writing them down. On the weeks they don't move, the fifteen-minute floor is still under you.

It all counts.