♠ MADMAN POKER LAB · JACK MANIAC · CONTROLLED CHAOS

SESSION TRACKER

One page per session. Fill the top before you sit, the rest within an hour of leaving.

GRADE THE DECISION, NOT THE RESULT

1 · THE SESSION

Date _____ Game / stakes _____ Room / site _____ Hours _____

Buy-in(s) $ _____ Cash-out $ _____ Result +/− $ _____ Energy (1–5) _____

2 · STOP RULES (SET BEFORE YOU SIT)

Stop-loss: $ / buy-ins _____

Time stop: leave by _____

Tilt trigger: I leave if _____

Honored? ☐ All three ☐ Broke one: which / why _____

3 · THE BIGGEST DECISION

Spot (pos, stacks, villain) _____

What I did (and size) _____

Better line, if any _____

Decision (A) (B) (C) (D) (F) Result (W) (L)

4 · TILT TRIGGERS NOTICED

Spot it in them, catch it in you. Exploit with better bets only: no needling.

TYPE	WHAT IT LOOKS LIKE	IN ME	OPP. (SEAT)	ADJUSTMENT / WHAT I DID
Steaming	Instant reloads, more raises, bigger bets	☐		Widen value 3-bets, let him bluff
Chasing	Hero calls, "you always have it"	☐		Bluffs off, value thinner + bigger
Turtle	Suddenly tight, folds to every bet	☐		Steal, c-bet, barrel; believe big bets
Revenge	Wide + aggressive vs one player	☐		If you're the target: value up, cut bluffs

My first sign tonight (faster actions, replaying a hand, wanting to get even): _____ at hour ___

5 · BLUFFS FIRED

Folds needed = bet ÷ (bet + pot) · ½ pot 33% · ⅔ pot 40% · pot 50% · 1.5× 60% · 2× 67%

#	SPOT (STREET, BOARD, VILLAIN TYPE)	SIZE (BET / POT)	FOLD % NEEDED	NAMED FOLDS? / EQUITY	RESULT	PASSED FILTER?
1					F · C · W · L	☐ Y ☐ N
2					F · C · W · L	☐ Y ☐ N
3					F · C · W · L	☐ Y ☐ N
4					F · C · W · L	☐ Y ☐ N
5					F · C · W · L	☐ Y ☐ N
6					F · C · W · L	☐ Y ☐ N

Stop firing when 2+ are true: station (loose, rarely raises) · shown a weak call-down · multiway · stuck and annoyed · no equity, no blockers.

6 · THE 10-MINUTE REVIEW

1. **Header (30 sec):** stakes, hours, result, energy, stop rules kept?
2. **Tilt log (2 min):** which type showed up in you, when, and the trigger. Did you reset or dig?
3. **Three hands only (5 min):** spot, action, size, fold % needed, the folds you expected, better line in one sentence.
4. **Bluff audit (2 min):** how many cleared the number *and* the player? Circle any fired after two stop signals.
5. **One rule (30 sec):** write one rule for next session. Not five.

7 · ONE LEAK TO FIX

_____

_____

_____

RULE FOR NEXT SESSION

_____

_____

A losing night with good decisions is a win. A winning night with bad ones is a bill that shows up later.



The full system (fold equity, the Tilt Trigger System, overbet and semi-bluff filters, hands from $1/$2 to $25/$50) is in **Unleash the Madman: Winning Big with Controlled Chaos in No-Limit Hold'em** by Jack Maniac.

$9.99 on Kindle, or read it on Kindle+: https://www.amazon.com/dp/B0F2N8LHJW

Free calculator, tilt check and more trackers: **pokermadman.com**

For players 18+/21+ where poker is legal. Play within your bankroll. Problem gambling help (US): 1-800-GAMBLER. Free to print and share unchanged. © Jack Maniac. Not affiliated with Amazon.