

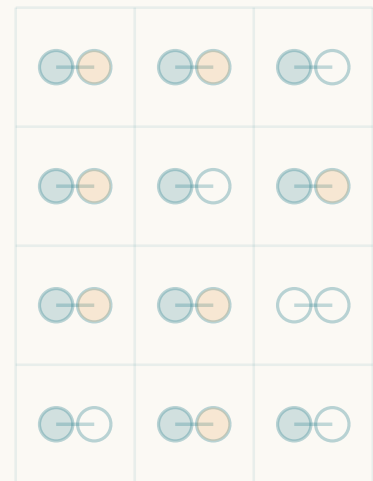


AN ARDENT WORKSHOP PRODUCT

Free Mentorship Log

One pairing — a focus, a few goals, and a rhythm you keep. Free from Ardent Workshop.

[Start here](#)



Your free single-pair mentorship log

The simplest way to make a mentorship pairing actually go somewhere is to give it three things: a focus, a few goals you can check, and a rhythm you keep. This free log gives one pairing all three, on a single tab.

How to use it

- 1 Open Mentorship-Single-Pair-Log.xlsx in Excel, Google Sheets, or LibreOffice.
- 2 Fill in the mentor, mentee, and focus area, then write two or three real goals — each with a definition of done and a target.
- 3 Log every session as it happens, and mark it Held, Rescheduled, or Missed. A run of misses is the first sign a pairing is drifting.

RUNNING A WHOLE PROGRAM?

This log runs one pairing. The full Mentorship-Program Tracker runs your whole program on one matching board, adds a Dashboard that flags who's on track, due soon, or overdue, a satisfaction check-in, and a Focus Library of ready-made goals — one owned 7-tab file for Excel, Google Sheets, and LibreOffice, plus four guides. [Get the full Mentorship-Program Tracker >](#)

Free starter from Ardent Workshop. This is a program-management and record-keeping template, not HR, career, psychological, or legal advice. Mentoring conversations are often personal — keep the notes you log the way your own privacy policy requires.