

OPERATOR USE REPORT

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Sunday, October 18, 2026 · 02:37–10:14 · 1 session · Run Build session 2

6.60M

TOTAL USAGE ^E

cost-weighted from metered counts

1%

SHARE OF LIMIT USED ^R

weekly bar 3% → 4%; session bar reset

11

DELIVERABLES WORKED ^R

the operator's unit of work

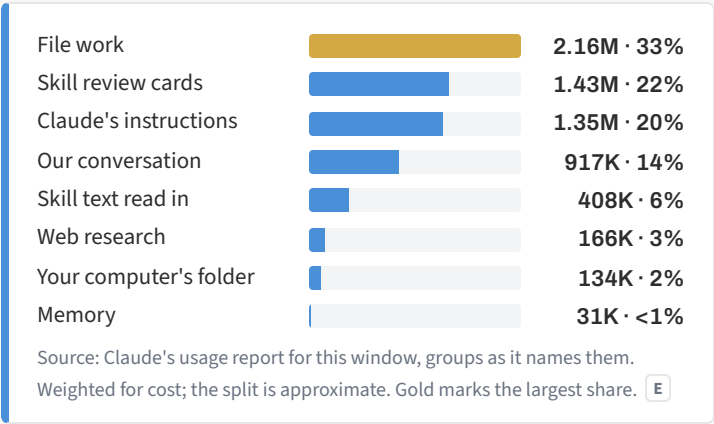
600K

USAGE PER DELIVERABLE

Baseline was 390K (up 54%).

BREAKDOWN

Where the tokens went



SESSION SHAPE

How the work was run

Sessions	1
Total turns	18
Longest session	18 turns · 457 min
Files attached	11
Largest file	report preview image, 200 KB
Tools and connectors	Folders, Web, Memory, Browser
Model · effort	Opus 5.5 · not checked

WHAT STANDS OUT

Possible spikes

INFORMED, NOT YET DIAGNOSED

- File work was 33% of usage

4 report rebuilds were checked as page images (11 in all), and skill text was printed into the chat to edit. *Likely cause: re-rendering and printing whole files for every round.*
- 78 working steps in this window

78 working steps (each time Claude replied or used a tool), versus your 18 messages. *Likely cause: one build session carried through many rounds of fixes.*
- Opus 5.5 ran the whole window

Skill design suits Opus; rebuilds, zipping and saving copies ran on it too. *Likely cause: one model for design and routine steps.*

WORK DONE

Tasks in this window

TASK TYPE	COUNT
◆ Skill updates	5
◆ Report revisions	4
◆ Documents written	2
Questions researched	3
Files saved to folders	20
◆ marks deliverables: 5 + 4 + 2 = 11. The other rows are supporting work.	

OPERATOR NOTE

Grading and fixes window. Session bar reset during it (now 2%). Weekly bar at 4%.

SESSION LOG

Each session in this window

SESSION	TIME	TURNS	FILES	USAGE ^E	MODEL
Grading fixes and docs	02:37 · 457 min	18	11	6.60M	Opus 5.5

^M metered count, before any weighting ^R reported by the operator ^E estimated by Claude

WHAT TO AVOID

Seven habits that use up your Claude limit, and what to do instead

Claude's limit refills every five hours and every week. Some habits drain it much faster than others, even when the work gets done. The examples below come from a founder's build session: grading fixes, skill updates and documentation.

Three of these showed up in your report today. Start with #2, your biggest share, then #1 and #5.

1 Avoid: Keeping one chat going all day IN YOUR REPORT TODAY

Why it matters: Every time you send a message, Claude rereads the whole conversation from the top. Caching makes the rereading cheaper, but message 40 still rereads about ten times as much as message 4.

Do this instead: Start a new chat for each new task. If you need earlier context, paste a two-line summary.

In your work: Do grading rounds in a fresh chat with a two-line hand-off instead of extending one build session past 150 steps.

2 Avoid: Dropping whole files into the chat IN YOUR REPORT TODAY

Why it matters: Claude reads every page or row, then rereads it with every message that follows.

Do this instead: Paste only the part you need, or ask Claude to work on the file in its folder and give you just the answer.

In your work: Batch all report fixes, then render and check the report once instead of after every round.

3 Avoid: Leaving connected apps on that you don't use MEDIUM

Why it matters: Each connected app (email, calendar, a CRM) brings its own instructions into every chat, and a connection that pulls full records reads far more than you need.

Do this instead: Turn off connections you don't use for this work, and ask for only the fields you need.

In your work: Leave the browser and email connections off while building skills unless the work needs them.

4 Avoid: Asking for long write-ups when a short answer will do MEDIUM

Why it matters: What Claude writes back is the most expensive part of each exchange.

Do this instead: Ask for the shape you want: a table, three bullets, or just the email.

In your work: Ask for a one-line summary of what changed, and request the full skill text only for the final review card.

5 Avoid: Using the most powerful model for routine work IN YOUR REPORT TODAY

Why it matters: Bigger models use the limit faster. For routine work they rarely give a better result.

Do this instead: Use the standard model for sorting, summarizing, reformatting and routine drafts. Switch up for hard judgment calls where a mistake is costly.

In your work: Rebuilding, zipping and saving copies are routine. Keep the bigger model for designing the skill's logic.

6 Avoid: Re-pasting the same reference material every day MEDIUM

Why it matters: Pasted material is read fresh each time. Material kept in a Claude Project can be cached when it is reused, which counts somewhat less against the limit while the cache is fresh.

Do this instead: Put documents you use over and over in a Project once.

In your work: Keep the ShowEm document style and house voice in a Project instead of loading them fresh each session.

7 Avoid: Piling up instructions and skills you no longer use GROWS WITH STEPS TAKEN

Why it matters: Standing instructions, memory and the skill list load at the start of every chat and are re-read with every step Claude takes, so the more steps a task takes, the more they add up. A fresh chat does not shrink this.

Do this instead: Keep instructions short and current, turn off skills and connections you don't use, and ask for related changes together so Claude takes fewer steps.

In your work: Turn off skills you haven't used in a month. The skill list is re-read with every step.