The purpose of the Wolgemuthian method is to make your work easier to follow.

Here's how it works:

1. List initial conditions
2. List the formulas being used
3. Isolate the variable being solved for
4. Substitute initial conditions for variables
5. Solve

Here is an example:
Solve for the mass of an object if the force it gives is 300N.

F=300N A=9.81m/s^2 (gravity on earth) M=?

F=MA

F/A=M

300N/9.81m/s^2

= 30.6 g