

AI insight evidence card

Method 1.0, 29 September 2026 | Check the reasoning, not a safety score.

Keep this worksheet privately. It does not upload data. This is an editorial reading aid, not a validated safety rating.

Insight being checked:

App/version if known: _____ Date viewed: _____

1 Observations

What original records, sources and units support the statement?

2 Period

Input event dates: _____ Insight generated: _____

Does the evidence describe the period claimed?

3 Missing or old information

What was absent, pending, self-reported or carried forward?

4 Comparison

Usable observations in each group; independent people/accounts if relevant; differences in source, timing or context.

An untagged day is not automatically a confirmed no-event day.

From evidence to action

Continue with the same insight. Keep the conclusion in plain language.

5 Circularity

Is a score being explained by one of its own formula inputs?

6 Action

What action is proposed? What evidence supports that action, beyond a description?

Conclusion - not a numerical safety score

- ☐ Description I can reproduce
- ☐ Hypothesis needing better records
- ☐ Action not supported by the information shown

What is verified:

What is not shown / still unknown:

A smaller defensible statement:

An unexplained confidence number is not a personal guarantee. This worksheet cannot establish that a health, dietary or exercise intervention is suitable for you.