

One-question, 14-day tag journal

Method 1.0, 29 September 2026 | Define the question before reviewing results.

Keep this worksheet privately. It does not upload data. 14 days is a convenient format, not a guarantee of sufficient evidence. Do not introduce an unhealthy behaviour to create comparison data.

Question:

Event definition and time window:

Outcome, unit and source:

Comparison rule chosen before reviewing the results:

Y = event recorded; **N** = explicitly confirmed absent; **?** = unknown. A blank cell is unknown, not N. Record event time separately from entry time. Note travel, device changes and incomplete outcomes.

Day 01 Date: _____ Y / N / ? : ____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 02 Date: _____ Y / N / ? : ____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 03 Date: _____ Y / N / ? : ____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 04 Date: _____ Y / N / ? : ____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 05 Date: _____ Y / N / ? : ____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 06 Date: _____ Y / N / ? : ____ Event time: _____

Outcome and source: _____ Context / missing: _____

Continue the journal

Use the same event definition, outcome and comparison rule as page 1.

Day 07 Date: _____ Y / N / ?: _____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 08 Date: _____ Y / N / ?: _____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 09 Date: _____ Y / N / ?: _____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 10 Date: _____ Y / N / ?: _____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 11 Date: _____ Y / N / ?: _____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 12 Date: _____ Y / N / ?: _____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 13 Date: _____ Y / N / ?: _____ Event time: _____

Outcome and source: _____ Context / missing: _____

Day 14 Date: _____ Y / N / ?: _____ Event time: _____

Outcome and source: _____ Context / missing: _____

Summary: Y days _____ N days _____ Unknown days _____

Usable outcome observations in each group:

What these records describe:

What they cannot establish:

Source, timing and context differences:

This is an editorial record-keeping aid, not a causal experiment or a medical assessment. No result here diagnoses a condition or establishes that a behaviour caused an outcome.