Give the small test an actual shape

Nadia · Restarting one ordinary habit after a missed day.

Nadia wants to know whether a low-pressure restart prompt is useful before commissioning an app. She is not testing a treatment or making a health claim. The test is a paper/text card; no account, sensor or sensitive health history is needed.

Invitation to copy and adapt

I am testing a simple way to restart an ordinary habit after missing a day. Would you try this card for seven days and tell me what happened? It is optional; you can stop or skip any question. I will record only a participant code and the short observations you choose to share. This is a product-learning exercise, not healthcare advice.

The seven-day restart card

Choose one small ordinary action: ____. After a missed day, complete: "My next small action is ____ at ____." Each evening, mark: no missed day / missed and restarted / missed and did not restart / did not use card. Optional reason, in your own words: ____. Skip personal or health details. At the end, tell me whether you would use the card again and show a recent example if you wish.

Day	Fictional N2 record	What it establishes
1–2	No missed day	No restart opportunity
3	Missed; did not use card	Card was not used when an opportunity existed
4	Used card; restarted a two-minute desk tidy	One self-reported restart, not proof of causation
5–6	No missed day	No new opportunity
7	Missed; did not restart; "I forgot the card"	A second missed-day opportunity; prompt access may matter

Prewritten rule for this test

Record opportunity, use and reported action separately. After four invited participants, review whether the card was used at an actual missed-day moment. Do not treat praise or a week with no missed days as evidence of useful restarts. Cap preparation/review at two hours; no app development payment.

Watch AI make a plausible mistake

Nadia · Raw notes → prompt → correction → decision.

Record	Synthetic raw note
N1	“Nice idea.” No missed day this week; did not use card.
N2	Two missed days; used card once and reported one restart. Forgot it on the other occasion.
N3	One missed day; declined the card and used an existing calendar.
N4	Accepted invitation; no end-of-week response. Outcome unknown.

Exact preparation prompt

Use only N1–N4. Create an evidence table with opportunity, card use, reported restart and unknowns. Keep nonresponse separate from failure. Do not infer causality or demand. Propose one next test within two hours and $0 new software spend. Return observations, possible explanation, unresolved question and decision.

Illustrative faulty output

Three of four participants validated the concept and 75% want an app. N4 probably forgot. Build reminders to improve adherence.

Correction	Reason
Remove 75% demand claim	No record shows three app commitments; praise, card use and interview response are different.
Keep N4 unknown	Silence does not identify the cause or outcome.
Do not infer reminder demand	N2 forgetting supports a question about access; it does not validate a feature.

Accepted memo: N2 reported one card-assisted restart across two missed-day opportunities. N1 had no opportunity; N3 chose an existing workaround; N4 is unknown. Evidence does not justify commissioning an app. Next: ask N2 to show where the card was kept and ask N3 what the calendar already solves; no build purchase.

Separate stronger-evidence branch

Suppose a later, separately recorded test has four participants with missed-day opportunities; three independently use the card twice and request another week. That would justify testing a small reusable prototype with willing participants, not declaring product–market fit. Set a two-hour prototype cap, observe one task and stop if access or usefulness is still unclear. These are invented branch conditions, not a universal threshold.

Your validation packet

Three records: evidence, next test and decision. Keep raw notes elsewhere if longer.

Context: person / ordinary job / current workaround

Evidence: record IDs / exact observation / source / unknown

Next test: invitation / task / opportunity definition

Next test: time cap / cash cap / permission and data limits

Decision rule written before the test

Observed result: opportunity / use / outcome / nonresponse

Decision: build / revise / investigate / stop, with evidence IDs

Next review / contrary evidence that would change the decision

First session

Use pages 113–114 as structure, not as your evidence. Spend ten minutes on context, fifteen on actual observations, fifteen drafting a test, ten checking the invitation and ten recording the cap and decision rule. If you cannot reach a willing participant, your next task is access, not invented validation.