

Intervention experiment card

Use this before trying a product, supplement, food, sleep, behavior, topical, legal cannabis product, or tracking change.

Do not include names, photos, addresses, clinician names, account details, or product receipts unless you need them for your own private record.

One-variable rule

Try to change one thing at a time when possible. If several things changed, write them down so the result is not over-read.

Record label

- Record label:
- Intervention:
- Category:
- Start date or approximate start window:
- Planned review point:
- What else changed at the same time:

Product evaluation

- Job:
- Gout rung:
 - Urate burden
 - Crystal context
 - Immune activation
 - Inflammatory signaling
 - Joint protection
 - Sleep or pain support
 - Tracking
- Evidence tier:
 - Current care
 - Human gout data
 - Human adjacent data
 - Animal or lab mechanism
 - Mechanism map only
 - Personal experiment
 - Research curiosity
 - Unknown or unclear
- Evidence covers:
 - Exact product
 - Ingredient or category
 - Mechanism only
 - Not sure

Active thing and quality reality

- Active ingredient, physical feature, dose, route, form, serving, or device metric:
- Quality proof I can see:
- Batch, testing, expiration, storage, or standardization issue:

- Reasons this exact product matters:
- Reasons a generic version would be enough:

Fit check

- Current state:
- Medication context:
- Lab or monitoring context:
- Skin, gut, sleep, mood, glucose, bleeding, impairment, legal, or travel issue:
- Clinician question:

Tracking signal

Choose one primary signal:

- Serum urate trend
- Flare frequency
- Pain
- Heat, swelling, stiffness, or touch sensitivity
- Sleep
- Rebound
- Rescue-plan use
- Gut tolerance
- Side effects
- Device accuracy or consistency
- Other:

Baseline before starting:

Log

Date or approximate timing	Used as planned?	Signal	Side effects or notes

Decision at review point

- Continue unchanged
- Revise the experiment
- Stop or step back
- Bring to clinician
- Reject as noise or not worth it

Why:

Stop or step-back signal

- Stop now:

- Step back:
- No useful signal by:
- Clinician question:

Claude prompt

Help me build a de-identified gout intervention experiment card. Ask one question at a time. Do not