

Plateau Audit

Define the signal. Repair the evidence. Predeclare one next test.

DEFINE

name one exact outcome before judging it

OBSERVE

use repeated comparable observations, not one reading

ONE TEST

predeclare one change and one decision rule

DEFINITION → OBSERVATION

Make the signal interpretable before calling it a plateau

One reading is not a plateau decision

A single flat or worse measurement does not prove a plateau; repeat it under comparable conditions and consider measurement noise. Choose the observation window before interpreting the result and make it long enough for repeated comparable observations.

Signal audit

Is the result ready to interpret?

One exact outcome and a user-declared window that permits repeated observations.
Comparable conditions, usable records, intended exposure, and material context absent or accounted for.

A missing signal means the audit is unresolved; it does not prove a biological plateau.

If a gate is no, stop and resolve that specific gate. If the constraint gate is no, document/account for context or extend observation.
Only after all gates pass, predeclare one controlled next test.

Declare the observation before interpreting it

Complete every line before using the result. The window is user-declared and outcome-specific; declaration alone is not proof that the observations are adequate.

Exact outcome, unit, and intended direction: _____

Window start, end, and why it permits repeated observations: _____

Device, technique, timing, and comparison conditions: _____

Repeated comparable observations available; missing observations explained: _____

CLAIM MAP — FULL REFERENCES FOLLOW

Measurement/data quality → Hopkins (2000); observation window → Hopkins (2000) + Shamseer/CENT (2015); controlled next test → Shamseer/CENT (2015).

William G Hopkins. Measures of reliability in sports medicine and science. Sports Medicine / Adis-Springer. 2000-07.

<https://pubmed.ncbi.nlm.nih.gov/10907753/>

Larissa Shamseer; Margaret Sampson; Cecilia Bukutu; Christopher H Schmid; Jane Nikles; Robyn Tate; Bradley C Johnston; Deborah Zucker; William R Shadish; Richard Kravitz; Gordon Guyatt; Douglas G Altman; David Moher; Sunita Vohra; CENT Group. CONSORT extension for reporting N-of-1 trials (CENT) 2015: explanation and elaboration. CENT Group; Journal of Clinical Epidemiology / Elsevier. 2015-08-10.

<https://pubmed.ncbi.nlm.nih.gov/26272791/>

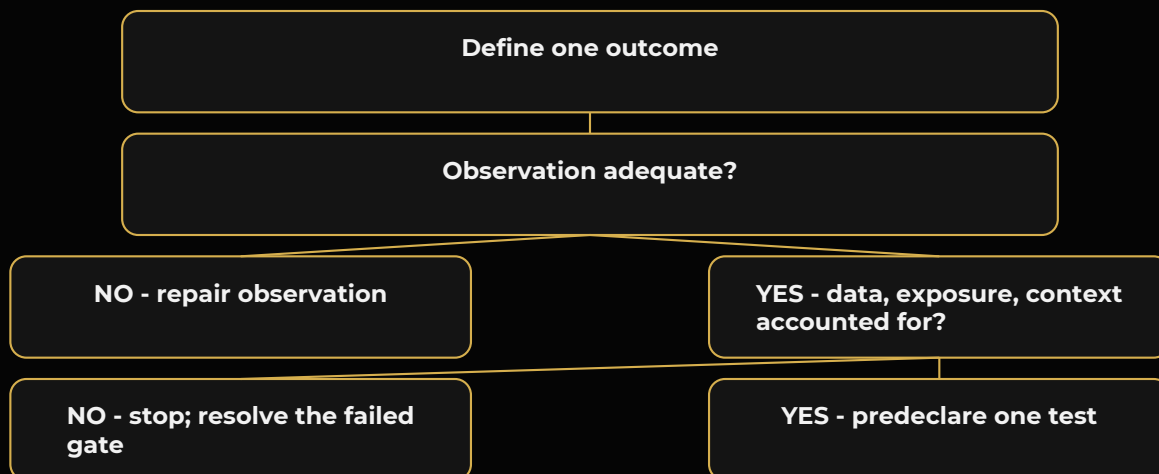
DATA QUALITY → EXPOSURE → CONSTRAINTS

Repair the first unresolved gate

Check quality before changing the plan

Check outcome definition, device, technique, timing, adherence, and missing observations before changing the plan. Exposure and constraint checks are editorial audit steps; they do not prove a remaining result is biological.

Diagnostic branch



Repair the first unresolved gate

Move in order. Stop at the first unresolved gate. Resolve missing observation, data, or exposure; if material context is not absent or accounted for, document/account for it or extend observation. Do not infer cause.

Definition — Is one exact outcome and method declared?

Observation — Are repeated comparable observations available inside the declared window?

Data quality — Are device, technique, timing, adherence, and missing records interpretable?

Exposure — Was the intended plan actually delivered in an observable way?

Constraints — Are material changes in recovery, schedule, illness, stress, or other context absent or accounted for? yes / no ____ | If no: stop the sequence and document/account for the context or extend observation before testing a new intervention.

Next test — If all gates pass, predeclare one controllable change instead of choosing one automatically here.

Plateau Audit

ONE CHANGE → ONE OUTCOME → ONE RULE

Run one controlled next test

Predeclare before you act

Define one change, one outcome, a window, stable major inputs, and a decision rule before the next test. Use the result only to inform the next personal decision; this worksheet is not randomized and does not establish causal certainty.

Write the next test before changing the plan

Choose the intervention outside this worksheet. This form controls the test; it does not prescribe the change or claim clinical-trial status.

Question and one outcome: _____

One controllable change: _____

Major inputs held stable: _____

User-declared start, end, and comparison method: _____

Decision rule written before acting: _____

Result and next personal decision; no broad causal conclusion: _____

What to Do Monday

01 DEFINE THE OUTCOME

Write one outcome, method, and intended direction; do not label a plateau from one reading.

02 DECLARE THE WINDOW

Write the start, end, comparison conditions, and why the window permits repeated comparable observations.

03 RUN THE GATES

If a gate is no, stop and resolve that specific gate. If the constraint gate is no, document/account for context or extend observation. Only after all gates pass, predeclare one controlled next test.

04 PREDECLARE ONE TEST

Write one change, one outcome, stable major inputs, the next window, and the decision rule before acting.

Does one flat or worse reading prove a plateau?

No. Repeat the exact outcome under comparable conditions and consider measurement noise before interpreting change.

Should I automatically lower calories or add training volume?

No automatic intervention is selected here. Resolve the first missing observation, quality, or exposure gate. If context is not absent or accounted for, document/account for it or extend observation; only after all gates pass, predeclare one controllable test.