

Surface-Area ROI Map

Compare the work. Protect the goal. Choose one move.

ORDINAL ONLY

LOW · MEDIUM · HIGH — NEVER A SCORE

ONE WINNER

APPLY THE DECLARED RULE; DO NOT BLEND OPTIONS

REVISIT

NEW OBSERVATION OR CONSTRAINT REOPENS THE RANKING

GOAL → AXES → INPUTS

Define the decision before you rank it

ROI HERE IS PLANNING SHORTHAND

Use ROI only as planning shorthand for expected goal-relevant benefit relative to costs and constraints. It is qualitative—not a measured financial or biological return. Surface area means the declared scope an option touches; it is not muscle size, visual prominence, exercise coverage, or expected hypertrophy.

WRITE THE GOAL BEFORE THE OPTIONS

List candidate actions against the goal each action is intended to serve. A candidate that does not serve the written goal never enters the ranking.

GOAL — One result this decision must serve: _____

HARD CONSTRAINTS — Time, fatigue, money, complexity, attention, safety, or other: _____

READ THE THREE AXES THE SAME WAY

Use only low, medium, or high. The labels are declared judgments, not units.

EFFORT — Combined demand across time, fatigue, money, complexity, and attention. Low means less demand.

REACH — Breadth of the written goal served—not anatomical surface area. Low is narrow; high is broad.

RETURN — Expected goal-relevant benefit. Low, medium, or high is your expectation—not a forecast.

ADD THE CHECKS THAT KEEP THE MAP HONEST

These fields do not become a score. They make the assumption and review plan visible.

EVIDENCE CONFIDENCE — Low, medium, or high confidence in the basis for the expected return.

REVERSIBILITY — Low, medium, or high ability to reverse the action with limited downside.

NEXT SIGNAL + REVIEW POINT — What you will observe and when or after what event you will rerank.

Surface-Area ROI Map

DECLARE → MAP → COMPLETE

Put every candidate on the same ordinal map

Illustrative ordinal map — not a forecast

DEMO A — DECLARED INPUTS | effort: low | reach: medium | return: medium

DEMO B — DECLARED INPUTS | effort: medium | reach: high | return: high

DEMO C — DECLARED INPUTS | effort: high | reach: low | return: high

Writable ranking worksheet

Write one goal and one to three candidates. Use only low, medium, or high; complete every field before ranking. These are your judgments, not measured returns.

GOAL: _____ | HARD CONSTRAINTS: _____

A — action: _____ | goal served: _____ | effort L/M/H: ____ | reach L/M/H: ____ | return L/M/H: ____

A — serves the written goal? yes / no: ____ | fits hard constraints? yes / no: ____

A — evidence confidence L/M/H: ____ | reversibility L/M/H: ____ | next signal: _____ | review point: _____

B — action: _____ | goal served: _____ | effort L/M/H: ____ | reach L/M/H: ____ | return L/M/H: ____

B — serves the written goal? yes / no: ____ | fits hard constraints? yes / no: ____

B — evidence confidence L/M/H: ____ | reversibility L/M/H: ____ | next signal: _____ | review point: _____

C — action: _____ | goal served: _____ | effort L/M/H: ____ | reach L/M/H: ____ | return L/M/H: ____

C — serves the written goal? yes / no: ____ | fits hard constraints? yes / no: ____

C — evidence confidence L/M/H: ____ | reversibility L/M/H: ____ | next signal: _____ | review point: _____

THE MAP ABOVE IS A FORMAT DEMO

Its A/B/C ratings are fictional inputs, not recommendations. Replace them with your own complete worksheet rows before applying the selection rule.

FILTER → TIE-BREAK → REVIEW

Select one next-best action without calculating a score

APPLY THIS RULE IN ORDER

Do not add the ratings or invent weights. Stop at the first step that separates the eligible candidates.

ELIGIBILITY — Keep only complete rows marked yes for both eligibility checks and naming a next signal plus review point. Missing input: resolve it, then rerun. All complete rows fail: revise or generate candidates without relaxing the written constraints, then rerun.

RETURN — Prefer high, then medium, then low expected goal-relevant return.

CONFIDENCE — If tied, prefer high, then medium, then low evidence confidence.

REACH — If tied, prefer high, then medium, then low reach.

EFFORT — If tied, prefer low, then medium, then high effort.

REVERSIBILITY — If tied, prefer high, then medium, then low reversibility.

STABLE TIE — If still tied, choose the earliest complete worksheet row. Choose one action; do not blend the finalists.

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Decision receipt

Record the selected action or no-winner route before acting. Reopen the ranking only at the review point or when a new observation or constraint changes an input.

RESULT — one selected action or no winner: _____

WHY — first separating rule, missing input, or failed eligibility: _____

NEXT OBSERVABLE SIGNAL: _____

REVIEW POINT — date or event: _____

CHANGE TRIGGER — new observation or constraint that would reopen the ranking: _____

01

WRITE THE GOAL

Name one result and the hard constraints that every candidate must respect.

02

RATE THE OPTIONS

Complete one to three rows, including both yes/no eligibility checks and only low, medium, or high for every ordinal field.

03

CHOOSE ONE MOVE

Apply the rule in order and write one action. If there is no winner, follow the missing-input or failed-eligibility route without relaxing constraints.

04

LOG THE REVIEW

Write the next observable signal and review point; rerank only when that point arrives or an input changes.

Can I total the ratings or turn them into a percentage?

No. The labels have no shared unit or validated weights. Use the declared sequence instead of calculating a score.

What if no candidate survives the eligibility step?

If a required field is missing, resolve the missing input or constraint, then rerun. If all complete candidates fail the goal or hard-constraint checks, revise or generate candidates without relaxing the written constraints, then rerun.

When do I rerank?

At the written review point, or earlier only when a new observation or constraint changes an input.