

The Before, During, After Planner

Turn a change into evidence instead of a story

Without a baseline you lose three things: attribution, the early read on a thin link, and an endpoint. This planner lays out the three reads that turn any single change into evidence about your own body.

Phase	When	Hold steady	Read and record
Before	Before the change begins. Date: _____	Diet, training load, sleep, and other inputs as they are now.	Baseline across the five domains. Your target and stop rule, written down.
During	Once the change has had time to show in the markers you care about. Date: _____	Everything except the one variable you changed.	The same markers, read the same way. Note any other inputs that shifted.
After	At the review date set by your stop rule. Date: _____	Same as above.	Which systems moved, by how much, and whether the change exceeds normal variability.

MATCH THE INTERVAL TO THE MARKER

Marker type	How often it is worth re-reading
Methylation genomics	Once. Your sequence does not change.
Red blood cell fatty acids	Reflect roughly 90 to 120 days of history. Re-reading much sooner mostly measures noise.
Organic acid patterns	Some respond considerably faster than membrane composition.

WHAT MAKES ATTRIBUTION REAL

- ☐ One variable changed at a time.
- ☐ Background inputs held reasonably steady: diet, training, sleep, season.
- ☐ Repeat measures rather than a single point, so a trend can be told from a fluctuation.
- ☐ Change judged against normal within-person and laboratory variability.

A baseline does not make you certain. Without one, you have nothing to build certainty from.