Something to keep

Goal-writing template.

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By [date]	when [condition: where, with what, after what]	[name] will [observable behavior, a “do”]

Criterion: how accurate	How consistent (sessions / weeks in a row)	Spread (settings, people)	...in order to [why it matters]

Baseline (number, dates measured)	Data collected by whom, how, how often	Stranger test passed — who read it, date

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