

THE ACCOMMODATION EXPERIMENT LOG

FIELD LOG / N=1

Test one change at a time. Notice what actually changes.

01 DEFINE THE EXPERIMENT

Accommodation I am testing: _____

Where / when I will test it: _____

Testing period: _____ Date(s): _____

02 HYPOTHESIS

If I use this accommodation, I predict that...

03 BASELINE | BEFORE THE ACCOMMODATION

Rate the same experience WITHOUT the accommodation.

Effort required	①	②	③	④	⑤
Stress / overwhelm	①	②	③	④	⑤
Ability to focus	①	②	③	④	⑤
Ability to understand	①	②	③	④	⑤
Ability to finish	①	②	③	④	⑤

1 = low 5 = high

04 TEST CONDITIONS

☐ Same kind of task / situation as baseline

☐ I used only ONE new accommodation

☐ I used it long enough to notice an effect

☐ Sleep was typical for me

☐ Medication / caffeine was typical for me

☐ Environment was roughly comparable

Anything unusual that could affect the result?

05 OBSERVATIONS | WITH THE ACCOMMODATION

Effort required	①	②	③	④	⑤
Stress / overwhelm	①	②	③	④	⑤
Ability to focus	①	②	③	④	⑤
Ability to understand	①	②	③	④	⑤
Ability to finish	①	②	③	④	⑤

Compared with baseline, what changed most? _____

06 WHAT I NOTICED

What became easier, clearer, calmer, faster, or more possible?

07 COSTS / TRADEOFFS / SIDE EFFECTS

Did the accommodation create any new problems, friction, stigma, fatigue, or inconvenience?

08 CONFOUNDS

What else may have influenced the outcome?

- ☐ sleep
 ☐ pain / illness
 ☐ medication / caffeine
 ☐ different task
- ☐ mood / stress
 ☐ different environment
 ☐ support from another person
 ☐ other

09 CONCLUSION

- ☐ KEEP IT
 ☐ MODIFY IT
 ☐ RETEST IT
 ☐ DISCARD IT

Evidence for that decision:

Next experiment: _____

A useful accommodation does not need to make everything easy.

The question is whether it changes access, effort, accuracy, distress, recovery, or participation in a meaningful way.