Welcome Clinician Founder

Clinician-Founder Progress Evidence Log

A calm weekly worksheet to make movement visible, separate activity from evidence and choose the next responsible move without relying on memory or mood.

PRACTICAL FOUNDER RESOURCE

THE DECISION

Is my current founder effort creating useful movement—and what should I do next?

Time: 20 minutes now · then 2 minutes whenever useful evidence appears · one 10-minute review in seven days.

STEP 1

Record evidence, not a verdict

This is not a scorecard for whether you completed every planned action. It is a durable record of what moved, what reality did in response, what you learned and what that changes next.

1. OUTPUT	Something now exists: message, page, offer, prototype, conversation or decision.
2. BEHAVIOUR	Another person invested time, reply, booking, attendance, trial, introduction or money.
3. OUTCOME	A useful change occurred after a named action; record the limitation as well.
4. LEARNING	A repeated phrase, workaround, silence, objection or constraint changed your understanding.
5. SYSTEM	A decision, handoff, template or re-entry cue makes the next useful action easier.

EXACT INSTRUCTIONS

1. Look back no more than 30 days. 2. Capture five dated evidence atoms. 3. Name the action before the evidence. 4. Record what changed in the world—not only how you felt. 5. Label the evidence level. 6. Write one implication without turning it into a success story.

- [ ] I will omit patient-identifiable, employer-sensitive and unnecessary personal information.

What moved—and what says so?

Use one row per dated event. Keep entries specific enough that future-you can understand what happened without reconstructing the whole week.

#	DATE	ACTION / MOVE	OBSERVABLE EVIDENCE	LEVEL + IMPLICATION
1				
2				
3				
4				
5				

DO NOT DISMISS

A clarified “no”, a repeated objection, a safe stop decision or a clean re-entry system can be progress when it reduces uncertainty or prevents wasted build effort.

STEP 2

Turn five atoms into one decision

Count only entries that are dated and observable. A completed task with no contact with reality is an output, not automatically evidence that the direction works.

USEFUL MOVEMENT

How many of 5 entries moved the idea, relationship, offer, delivery, proof or operating system? ___ / 5

BEHAVIOURAL SIGNAL

How many include another person investing time, reply, access, effort, booking, trial, introduction or money? ___ / 5

REPEATED LEARNING

Which phrase, friction, workaround, objection or system pattern appears more than once?

DISCOUNTED PROGRESS

What useful evidence have I dismissed because it is not yet a final outcome?

PRACTICAL FIRST-PASS INTERPRETATION

CONTINUE — 3 of 5 entries show useful movement and at least one includes behavioural signal. Repeat the smallest action that produced it.

ADAPT — activity repeated, but movement or external response did not. Change the person, invitation, action or signal—not the entire venture.

RECOVER / PARK — fewer than 3 usable entries exist because capture failed, work was interrupted, or the direction cannot move responsibly now. Capture for seven days or park deliberately.

48-HOUR HANDOVER + SEVEN-DAY FOLLOW-UP

Within 48 hours: “Because I saw ___, I will continue / adapt / recover / park by doing ___ before ___.” Review in seven days; keep the decision if the expected evidence appears.

ILLUSTRATIVE WORKED EXAMPLE

Progress is evidence—not just the finish line.

Illustrative situation: a clinician founder is testing a short workshop for colleagues who struggle to restart improvement projects after shift-heavy weeks. This is not a client case or proof of demand.

#	DATE	ACTION / MOVE	OBSERVABLE EVIDENCE	LEVEL
1	3 Jul	Sent 5 invitations	2 replies + 1 booking	Behaviour
2	5 Jul	Ran conversation	“I lose the thread” repeated	Learning
3	7 Jul	Drafted 1-page cue	Asset exists for review	Output
4	9 Jul	Shared cue with 2 people	Both used it next day	Behaviour
5	10 Jul	Logged next actions	Restart took 8 minutes	System

INTERPRETATION

Four entries show useful movement and two contain behavioural signal. CONTINUE—but do not call the workshop validated. Repeat the smallest useful test: invite three more relevant people to review or use the cue, and watch whether they act without extra explanation.

COMPLETE WHEN

You have five dated evidence atoms, honest evidence labels, one continue / adapt / recover / park decision, one next action, one expected signal and a review date.

- [ ] I can explain what moved, what remains unproven and what evidence will determine the next move.

Keep this page as the dated evidence trail for your next responsible move.

YOUR NEXT STEP

Keep moving with support

A useful resource should lead to a real decision or system change — not another open tab. Take what you completed into the next real situation.

Need help implementing this? Join the Clinician Founder Actionship at just £297/yr.

Core Membership provides the community, pathway and practical resources.
Actionship includes Core and adds direct live implementation support from Shub.

CLINICIANFOUNDER.COM/ACTIONSHIP

The next responsible move is the smallest one that creates clearer evidence in the real world.