

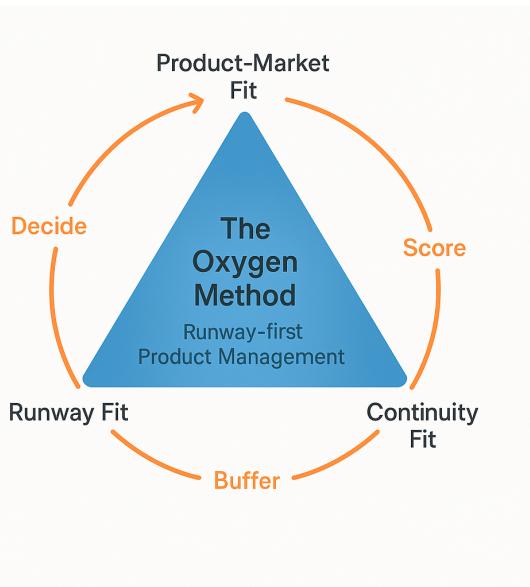
The Oxygen Method™ (OFI) — One-Pager

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What it is

A runway-first way to decide *what to ship now*—and ensure you can *sustain* it after launch. Oxygen puts three fits into every decision:

- PMF — user/customer pull
- Runway — months to ship & sustain within oxygen
- Continuity — team/ops capacity to run it

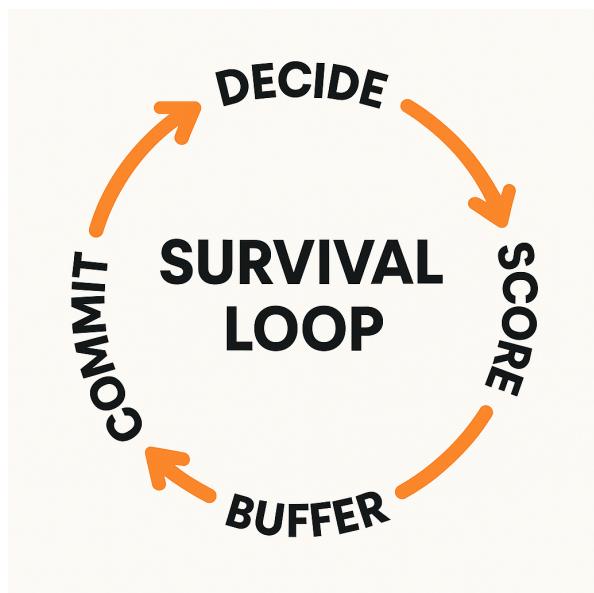


Oxygen Fit Index (OFI)

$$OFI =$$

$$PMF - (Runway + Continuity)$$

>0 survivable = 0 needs buffer < 0 rescope or delay



Examples (anonymized)

B2B SaaS — OFI turned negative after sustain math; team staged scope and avoided a support backlog spike.

Data workflow — “read-only first” cut sustain calls ~40% at launch; OFI moved from -1 to 0 with buffer.

Regulatory — vendor proxy first (OFI ↑), internalization post-funding.

Rubric (0–5 each)

PMF Signal Score

0	No user evidence
1	Internal request only
2	Anecdotal user requests
3	Clear feedback from ≥5 customers
4	Repeated pain observed + pilot group asking
5	Paying customers blocked without this feature

How to use (10-minute gate)

1. Score PMF, Runway, Continuity (0–5) with the rubric.
2. Compute OFI. If < 0 → rescope/stage. If = 0 → add buffer. If > 0 → commit.
3. Record months to ship/sustain + assumptions; recheck each sprint/cycle.

Checklist before you commit

- Runway impact understood in months
- Continuity capacity confirmed (support/ops/marketing)
- Buffer added for support, hiring, and GTM
- OFI computed and discussed



Continuity Load Score (0-5)

- 0** – Existing team <5% extra load
- 1** – <10% increase, within plan
- 2** – 10–20% more load, stretches support
- 3** – Requires external help
- 4** – Requires new hire OR >25% extra load
- 5** – Ongoing unsustainable load



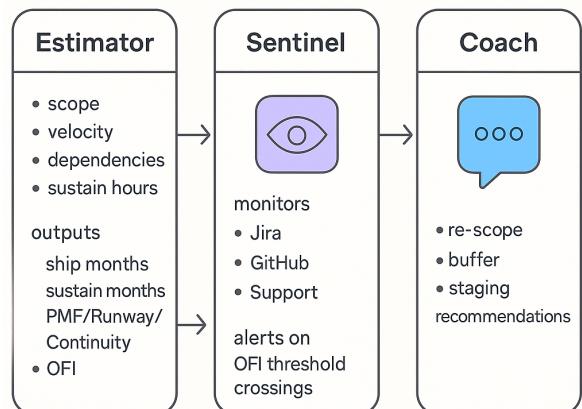
Quick formulas

Months to ship $\approx \frac{\text{scope} \times \text{velocity}}{\text{sprints}/\text{mo}} + \text{dependency buffer}(0.1\text{mo})$
Months to sustain $\approx \text{support} + \text{maintenance team hrs}/\text{mo}$

AI assist (optional)

- **Estimator** — computes ship/sustain months, maps to scores, returns OFI + rationale
- **Sentinel** — watches for drift (scope, velocity, tickets), pings when OFI crosses thresholds
- **Coach** — suggests staging, buffers, and thin slices to reach $\text{OFI} \geq 0$

Oxygen AI Layer



More: amirpournajib.github.io/oxygen

OFI in planning turns “can we build it?” into “can we ship and sustain it?”

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