Brake & Turn Companion 01 — Living Checklist

Brake & Turn Compact — Public Reference Series

System Purpose & Fit

Checkpoint	Description	Score (0–5)	Notes
Necessity	Is the system truly necessary? Does it reduce harm or accelerate good?		
Alternatives	Is there a simpler or non-AI approach that meets the need?		
Goals	Are goals clearly defined, measurable, and time-bounded?		

Data & Dignity

Checkpoint	Description	Score (0–5)	Notes
Lawful basis	Is data collected with consent or legitimate interest?		
Minimization	Is sensitive data minimized, encrypted, and access-controlled?		
Transparency	Can people opt-out, correct data, and see how it’s used?		

Energy & Footprint

Checkpoint	Description	Score (0–5)	Notes
Energy disclosure	Is compute energy measured and published?		
Scheduling	Is compute run on low-carbon or renewable energy?		
Lifecycle	Are hardware and cooling impacts mitigated?		

Model Safety & Governance

Checkpoint	Description	Score (0–5)	Notes
Risk assessment	Are bias, hallucination, or jailbreak risks mitigated?		
Oversight	Are outputs logged and reviewed where harm is possible?		
Rollback plan	Is there a rollback path if regressions occur?		

Human Oversight & Labor

Checkpoint	Description	Score (0–5)	Notes
Review	Are humans approving sensitive or rights-affecting decisions?		
Training	Are end-users trained on system limits and escalation paths?		
Fair labor	Does the system respect data-labeling or moderation labor?		

Culture & Continuity

Checkpoint	Description	Score (0–5)	Notes
Regeneration	Does the system regenerate value for humans, nature, and culture?		
Evaluation	Are outcomes assessed for life-affirming impact?		
Learning	Are feedback loops embedded for continuous improvement?		

Review this checklist quarterly. When uncertain, ask: *Does this system serve life, or consume it?*

Scan resources → https://cc2397.github.io/brakeandturn/companions/living-checklist/