A/B Test My Memories — Checklist (v1.0)

Day 0 — Baseline A (Cold): 5-minute free recall, no media. Hash (SHA-256) + timestamp; park it.

Days 1–3 — Exposure Log: live normally; note feeds/apps touched. Don't rewatch your own photos/videos yet.

Day 4 — Baseline B (Post-exposure): same event, 5-minute recall, still without peeking at A. Hash + timestamp.

Day 5 — Evidence Pack: calendar entries, raw photos with EXIF time, messages, location history. Build who/what/when timeline with links.

Day 7 — Diff & Grade: compare A vs B vs receipts. Mark sequence changes, imported angles, mood inflation, invented quotes.

Score: % factual match (to receipts), % embellished (tone/color), % invented (quotes/scenes).

What this proves: whether exposure shifts recall. What this can't prove: meaning. Keep what's meaningful, but know what's accurate.