

# Eden Product Principles

Here are Product Principles that guide the development of Eden

- Reality-anchored is about state quality (what Eden knows / can observe / can infer, and how current that model is).
- Deeply personalized is about policy quality (how Eden uses that state to choose actions that fit you, not “the average person”).
- Trust is about relationship reliability (whether you’ll follow Eden even when the advice is hard or ambiguous).

Keep your three. Make them explicit as “the more X, the more successful” principles, with hard feature filters.

## 1) Reality-anchored

The more Eden can accurately model your real world over time, the better it coaches.

### Non-negotiables:

- Continuous user model: goals, constraints, environment, schedule, equipment, injuries, preferences, social context.
- Freshness: detects drift (travel, new job, sickness, newborn, injury) and updates automatically or via lightweight prompts.
- Behavior visibility: adherence, triggers, failure modes, “what actually happens” vs “what you intended.”

**Feature filter:** Does this increase what Eden correctly knows about the user’s reality (and keep it current)?

## 2) Deeply personalized

The more Eden’s decisions are tailored to your reality (not just worded for you), the more users feel “this is for me” and stick.

### Non-negotiables:

- Decision personalization, not tone personalization: different plans for two people with the same goal.
- Constraint-first planning: time, sleep, travel, food access, motivation profile, injury history.
- Adaptive protocols: if adherence drops, Eden changes the plan (dose, timing, triggers), not just encouragement.

**Feature filter:** Does this change the chosen intervention for this user, or merely how it’s explained?

If it doesn’t change the decision, it’s not “deep.”

## 3) Trust

The more reliable Eden is perceived to be, the more it becomes the default coach people choose and follow.

### Non-negotiables:

- Calibration: clearly distinguishes facts vs guesses; asks for missing data instead of bluffing.
- Consistency: doesn’t contradict itself; stable principles over time.
- Safety + boundaries: knows when to refer out (medical red flags), avoids harmful certainty.
- Proof over persuasion: shows “why this” and “what we expect to see” and admits when it was wrong.

**Feature filter:** Does this reduce the chance Eden is confidently wrong, inconsistent, or unsafe? Does this promote trust in Eden as a coach?