

You A/B test the landing page. You read the cohort curves before you trust a feature. But when it comes to your own performance, you run on a podcast clip and a supplement someone swore by. You bought the ring, the magnesium, and the new morning routine, and three months later you cannot say which one did anything. You measure everything that ships, and guess about the one asset every ship depends on.

The usual answer is another protocol: a stack to copy, a routine to adopt, a regimen built on studies that were never run on anyone like you. Copying a protocol cannot tell you whether it works for you; it only tells you it worked for someone, somewhere, once.

The Experimental Founder rejects the protocol economy and gives you the method underneath it. It introduces the TRIAL framework (Target, Record, Intervene, Analyze, Learn), five steps that turn the experimental discipline you already use on your business inward, onto your own cognition and body. It does not hand you answers. It hands you a way to manufacture your own.

You will learn to:

- Turn a vague hunch ("I think coffee after noon wrecks my sleep") into a hypothesis you can actually settle.
- Set a baseline and pick measures (cognitive, physiological, subjective) that register signal instead of noise.
- Design the intervention so placebo, novelty, and expectation cannot pose as a result.
- Read your own data honestly: when one person's n is enough to act on, and when it is only a story you like.
- Run several experiments at once without contaminating any of them, and know the day to stop testing and commit.

The result is not a better protocol. It is the end of needing one. You stop renting other people's conclusions and start generating your own, on the only sample that governs your output: yourself.

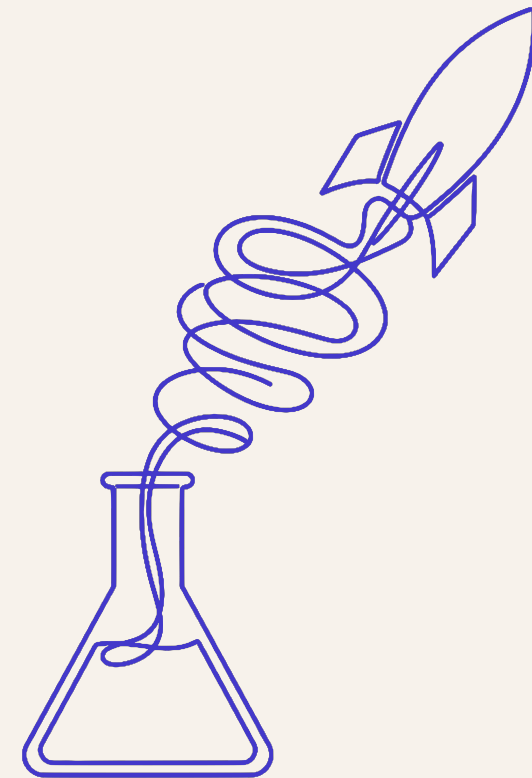
If you build under pressure and refuse to run your own physiology on superstition, this was written for the operator who would rather know than believe.

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The *Experimental* Founder

N=1 protocols for cognitive and physical *performance*



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Systems for the Strategic Self