TINKER & TOKENS

One small AI test

A worksheet for one plain-text task and a result you can check.

Plan for five minutes. Then try for up to ten minutes in an app you already have.

FICTIONAL PRACTICE EXAMPLE - NOT A MODEL RUN
Notes: plant swap; community garden; Saturday; bring spare seedlings; time undecided.
Ask for a message of 70 words or fewer. Check every fact; ask for the missing time.

01 Name one job and a check

One job for the assistant:

What would a useful answer include or avoid?

02 Keep a small, non-sensitive sample

My fictional notes or other plain text I am allowed to share:

Keep the original notes unchanged so you can compare every fact.

03 Check the app before you use it

- ☐ I can explain what the app receives, keeps or shares before I send the sample.
- ☐ This test uses no private information, uploads, or new account connections.
- ☐ I have checked usage charges or limits; this trial needs no new purchase.

04 Set the boundary before you start

Time limit (up to 10 minutes): _____ **New purchases: $0**

Stop for payment, extra access, private data, or the time limit. My other stop rule:

Check the answer against the notes. Try at most one follow-up within the same limit.

05 Compare, then decide

Result: What matched? What was missing, invented, or still needs checking?

Circle one: **KEEP** **ADAPT** **SKIP**

One next step:

A thinking aid, not a guarantee of accuracy, privacy, or suitability. Pause if unsure.