

Here is the final template with the updated name.



Knowledge Capture: Collar Size Protocol (Ease Equation)

Mission: To break the habit of **choosing** shirts that strangle you. This protocol moves beyond basic measurements to account for fabric physics (stiffness), environment (swelling), and use case (ties), ensuring your **Final Collar Size** actually works in the real world.

♦ Phase 1: The Core Distillation (The Concept)

- **The Mandate:** Define the variable that ruins most shirt fit.
 - **Prompt:** "The mathematical difference between my neck skin and my collar size is technically called:"
 - **Input:** _____ (**Answer: Ease Allowance**)
 - **The Insight:** Explain why "Skin + 0.5" isn't always enough.
 - **Input:** "I must adjust my ease because..." (e.g., "...a stiff, fused collar doesn't stretch, and my neck swells during a long workday.")
-

♦ Phase 2: The Evidence Extraction (The Variables)

- **The Goal:** Capture the *Context*, not just the *Number*.

My Base Metrics:

- **My Raw Neck Measurement:** _____ inches (Tape snug, not tight).
- **My Ease Preference:**
 - ☐ **Standard Ease:** Add **0.50"** (Clean look, standard comfort).
 - ☐ **High Ease:** Add **0.75"** (More room, sensitive skin).
 - *Tip: If you wear a tie daily, start with Standard (0.50) unless you often get red marks.*
- **The "Finger Test" Goal:**
 - ☐ **I wear a tie today:** Goal is **1 finger** gap (Snug slide, not forced).
 - ☐ **No tie today:** Goal is **2 fingers** gap.

The Condition Modifiers (Check & Add Values):

- **A. Collar Construction:**
 - ☐ **Soft / Unfused** (Oxford, Flannel) -> Add 0.00"
 - ☐ **Stiff / Fused** (Formal Dress Shirt) -> Add 0.25"

- **B. Tie Usage:**
 - [] **Never / Sometimes** -> Add 0.00"
 - [] **Daily / Thick Knot** -> Add 0.25"
 - *Note: This accounts for knot bulk; it is separate from the finger-goal above.*
 - **C. Environment Factor:**
 - [] **Normal Day** -> Add 0.00"
 - [] **Hot Climate / 10+ Hour Day** (and I usually unbutton by afternoon) -> Add 0.25"
 - **D. Brand Reality (If Known):**
 - [] **Unknown Brand / True to Size** -> Add 0.00"
 - [] **Runs Small** -> Add 0.25"
 - [] **Runs Large** -> Subtract 0.25"
-

◆ Phase 3: The Resonance Matrix (The Connection)

- **The Goal:** Connect these variables to your past failures.
 - **Introspective Questions:**
 - "Think of the most uncomfortable shirt I own. Is the collar 'Stiff/Fused'? Did I account for that rigidity?"
 - **Input:** _____
 - "Do I usually feel the urge to unbutton by 3 PM? (Sign of 'Long Day' swelling)."
 - **Input:** _____
-

◆ Phase 4: The Actionable Commitment (The Calculation)

- **The Goal:** Calculate a dynamic "True Size" based on the variables above.
- **The Formula:**
 1. **Raw Neck:** _____
 2. **+ Base Preference:** _____ (0.50" or 0.75" from Phase 2)
 3. **+ Modifiers (A+B+C+D):** _____ (From Phase 2)
 4. **= EXACT TOTAL:** _____

The Rules:

- **Rounding Rule:** "If my Exact Total is between sizes (e.g., 16.3"), I will always **ROUND UP** to the nearest 0.5 size (e.g., to 16.5")."
- **The Finger Veto:** "If the math says one thing but the Finger Test fails (too tight), I will ignore the math and size up 0.5 inches immediately."

My Final Collar Size: _____

◆ Phase 5: The Application Log (The Feedback Loop)

- **The Goal:** Track which variables mattered most.

Date	Shirt Brand / Model	Final Collar Size	Result (Comfort/Choke)	Adjustment for Next Time
Oct 12	Brand X (Stiff Collar)	16.5"	Tight by 4pm	Add +0.25 for this brand (Swelling)