

The Skin-Contact Comfort Filter

A K5 Protocol Diagnostic

Instructions: Use this diagnostic tool to translate your subjective sensory preferences into strict textile sourcing rules. Do not skip Phase 4.

Phase 1: The Sensory Distillation

The absolute baseline requirement for how a fabric must interact with my skin is:

(Write 1-2 sentences. Example: "It must feel instantly soft and broken-in without requiring an undershirt.")

- **My Baseline:** _____
- _____

Phase 2: The Finish Extraction

1. Target Tactile Profile (Select One):

- ☐ **Ultra-Soft:** (e.g., Peached twill, brushed cotton, flannel)
- ☐ **Crisp & Smooth:** (e.g., Poplin, broadcloth, mercerized cotton, high-thread-count)
- ☐ **Dry & Textured / Natural Handfeel:** (e.g., Heavyweight Oxford, linen, open-weave fresco)

2. Required Yarn Finish / Weave:

(Write the exact weave or treatment that matches your selected profile above.)

- **Target Finish:** _____

3. Strict Finish to Avoid:

(Example: Resin-coated wrinkle-free treatments, Heavy sizing, Scratchy synthetics)

- **Do Not Buy:** _____

Phase 3: The Irritation Resonance

Which specific shirt currently in my rotation causes me to consciously adjust it or scratch my neck throughout the day, and what is its weave?

- **The Failing Shirt:** _____
- **Its Weave/Fabric:** _____

Phase 4: The Wardrobe Purge Commitment

Based on my sensory data, my immediate physical action is:

(Must be a verb-based, concrete action. Example: "I will immediately donate the three heavy linen shirts that cause collar chafing.")

- **My Commitment:** _____
- _____

Phase 5: The 12-Hour Sensory Log

Track your next wear test to ensure your new sourcing rules actually eliminate sensory fatigue.

Date Worn	Fabric / Finish Tested	Neck/Cuff Irritation Level	End-of-Day Verdict
YYYY-MM-DD	120s 2-ply Poplin	2 / 10	<i>Smooth, crisp, no clinging</i>