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Episodes

Turn a day of AI coding sessions into short recording briefs, by Eric Fondren

What it does

You spend the day building things with an AI coding assistant. Episodes reads those sessions and tells you what is worth recording. You get one short brief per episode, saved as a Markdown file for the day.

There are two kinds of episode:

- **How-tos** for things you built: a script, an automation, a feature, an agent.
- **Decisions** for calls you worked through: which tool to pick, what to charge, what to automate and what to keep by hand, when to stop.

Each brief gives you the first sentence to say on camera, the steps in order, what to have open before you hit record, the one moment worth cutting into a short clip, and what to keep off screen.

An example. Dana runs a small bookkeeping practice. On Tuesday she spent two hours with Claude Code building a script that sorts receipt emails into folders, and twenty minutes deciding whether to keep a paid invoicing tool. At 5 p.m. she types `/episodes` and gets this, among others:

> **1. How to sort receipt emails without touching them**
>
> - **Kind:** how-to · **Format:** short (60-90s)
> - **The problem:** Receipts arrive in five inboxes and get filed by hand every Friday.
> - **What I built:** A script that runs each morning, reads new receipt emails, and files them by vendor and month.
> - **How it works:** 1. [Me] Why Friday filing kept slipping. 2. [Screen] The rules file: one line per vendor. 3. [Agent] The AI writes a new rule from one sample email.

    4. [Screen] The folders after a run.
- **Hook:** "I stopped filing receipts on Fridays, and nothing broke."
- **Clip moment:** The agent writing a rule from one email.
- **Keep off camera:** Real client inboxes. Show the test inbox instead.
- ☐ recorded

What you need

- **Claude Code or Codex** on your own computer (Mac, Linux, or Windows with WSL). The skill reads the session history these tools keep on disk. It does not work in a chat window such as Claude.ai or ChatGPT, because those have no session files to read.
- **A subscription to the assistant you already use.** The skill adds no other cost, no accounts, and no API keys.
- **A folder for the briefs.** Any folder works. A folder your notes app reads, or one that syncs to your phone, makes them easy to read anywhere.

Your session history stays on your computer. The skill reads it there and writes the briefs there.

How to start

1. Download the zip and unzip it.
2. Open Claude Code or Codex and say: "Set up this skill using its README," with the unzipped folder attached or its location given.
3. The assistant installs it, checks that it can find your sessions, and asks you a few questions.
4. To make briefs, type `/episodes` in Claude Code, or mention `$episodes` in Codex. You can also say "what can I record today".

What to expect

The first time, it asks five short questions, one at a time:

1. What work do you do, and who would watch?
2. Do you want how-tos, decisions, or both?
3. Where should the briefs be saved?
4. What should never be mentioned? (Clients, employers, products, people.)
5. How do you talk on camera? (Optional.)

It saves your answers and does not ask again unless you say "redo my episodes profile".

Each run takes a few minutes. It looks at everything since the last run, picks up to six episodes, and adds them to that day's file. Each file starts with the date and has a checkbox on every brief so you can tick off what you have recorded. If nothing happened since the last run, it says so and writes nothing.

To mine older work, say "episodes backfill" with two dates, for example "episodes backfill 2026-10-01 2026-10-31". It skims the whole stretch, shortlists the best sessions, and writes up to ten briefs. It does not change where the daily run picks up.

A daily schedule is optional. Ask the assistant to set one up during setup or later. It then runs once a day by itself and skips days with no sessions.

Tips and limits

- **It only knows what is in your sessions.** It will not invent results or numbers. If a build was left unfinished, the brief says so.
- **It keeps people out.** Emails, phone numbers, ID numbers, and keys are removed from the session text before the AI reads it. Names can't be caught that way, so the briefs refer to people by role ("a client", "a new hire") and your never-mention list covers the rest. Folder names and session titles can still carry a client's name, so read each brief before you record.
- **It writes briefs only.** It does not record, edit video, or post anything.
- **Decision episodes need a real choice.** A session where you weighed two options and said why makes a good one. A session where you only fixed typos does not.
- **Codex support follows Codex's current log format.** If Codex changes it, Codex sessions may stop showing up while Claude Code sessions keep working. Tell the assistant "only Claude Code" to skip Codex for a run.
- **If it stalls or finds nothing**, ask the assistant to "check the episodes setup". It will confirm which session folders it reads and where it saves.