FREE PRACTICE LOG | PERSONAL OBSERVATION

Sound & Frequency Practice Log

Record what you tried and how it felt in your real life.

Use this log without trying to prove a result

Choose one sound source and a short, comfortable listening period. Record what you notice before and after. Sound preferences vary, and numeric frequency labels do not establish a health effect. This log is for personal reflection only, not diagnosis or treatment.

Stop or lower the sound if it brings distress, pain, dizziness, agitation, headache, or sensory overload. You can skip sound practice entirely.

Before you listen

Date and time:

Sound source, track, instrument, or frequency label (if known):

SETUP	MY CHOICE
Volume: comfortable / low / other	
Listening time:	
Where I will listen:	
My intention in one sentence:	

Quick check-in before

NOTICE	BEFORE
Body comfort (1 low - 5 steady)	
Mood (a few words)	
Energy (1 low - 5 high)	
Breath or muscle tension	

SESSION NOTES

After the listening session

Write observable details. There is no right feeling to report.

What did I notice in my breathing or body?

Did attention, thought speed, or mood shift?

Was anything uncomfortable, distracting, or unexpected?

QUICK CHECK-IN	AFTER
Body comfort (1 low - 5 steady)	
Mood (a few words)	
Energy (1 low - 5 high)	
Would I choose this again? Why or why not?	

Keep the practice practical. A useful sound activity should fit your preferences and daily life. You do not need to continue a practice that feels unpleasant or unhelpful.

REPEATABLE TRACKER

Compare up to five sessions

Change one detail at a time if you want a fair comparison.

Use one row per session. Keep the sound, volume, or duration similar when comparing; if you change something, note it. Your own comfort is the deciding factor.

SESSION	SOUND / MINUTES	BEFORE - AFTER	WHAT I NOTICED	REPEAT?
1				
2				
3				
4				
5				

My decision

Circle one: KEEP | ADJUST | SKIP | NOT SURE YET

The sound or setting I preferred:

A good time and duration for me:

When I want to skip this practice: