



Investigation Log

A FIELD RECORD FOR YOUR HOME GHOST HUNT

THE SESSION

DATE

LOCATION / ROOM

START TIME

END TIME

INVESTIGATORS

WEATHER

INDOOR TEMPERATURE

HUMIDITY

WHAT ARE YOU INVESTIGATING?

Be specific. Not "Is my house haunted?" but "Why do I hear three knocks in the hallway every night?"

DAYLIGHT BASELINE CHECK

With the lights on, check each possible ordinary explanation and note what you find.

☐ Windows and drafts

☐ Heating and A/C vents

☐ Plumbing

☐ Doors and floorboards

☐ Appliances

☐ Mirrors and reflections

☐ Electronics and Wi-Fi

☐ Sounds from outside

☐ Pets or animals in walls

☐ CO detector working

BASELINE READINGS

LOCATION	EMF	TEMP	NOTES

Note who was where and what was running. If someone coughs, moves a chair or the heater clicks on, log that too.

TIME	LOCATION	WHAT HAPPENED	WHO / WHAT WAS ACTIVE	REPEAT?
10:42 pm	Hallway	Three distinct knocks from the wall (example)	Everyone in living room; heater off	Y / N
				Y / N
				Y / N
				Y / N
				Y / N
				Y / N
				Y / N
				Y / N
				Y / N
				Y / N
				Y / N
				Y / N

AFTER THE HUNT

Review your notes, audio and photos. Is there anything left you truly can't explain?
