



Soundscape Journal

Keep a journal over the course of a week. Record the sounds you hear in your environment multiple times throughout the day, and note how you feel, physically and mentally.

- outside traffic ||||
- refrigerator hum ||
- wind/breeze |||
- train ||
- phone alerts ### |||

DAY 1 DATE _____

DAY 2 DATE _____

DAY 3 DATE _____

DAY 4 DATE _____

DAY 5 DATE: _____

DAY 6 DATE _____

DAY 7 DATE _____

NOTES
