

Environmental Baseline

Establish ordinary conditions before flagging a change.

Case ID / observer / date

Location / time / time zone

Temperature / humidity / units

EMF reading / unit / meter range

Ambient light and sound conditions

HVAC, electrical loads, nearby devices

Instrument ID / calibration or check

Baseline duration / repeat measurements

Expected variation / uncertainty

OBSERVE > DOCUMENT > TEST > ANALYZE > ATTEMPT TO EXPLAIN > REPORT

Keep originals. Record times, units, uncertainty, contamination, and source references.

E0 Explained | E1 Probably Explained | E2 Insufficient Information | E3 Unresolved | E4 Anomalous

E4 does not automatically establish a paranormal cause. Use continuation sheets if needed.