

Spirit Box Session Log

Record radio sweep settings and account for broadcast fragments.

Case ID / session ID / operator

Location / date / start and stop time

Device / band / sweep rate / direction

Radio reception / nearby transmitters

Participants / questions / timing

Perceived phrase / original timestamp

Radio fragments / overlap / expectations

Control sessions / reviewer agreement

File ID / alternative explanations

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.