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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Complete Investigation Binder & Workbook

Investigation / venue

Date

Investigator / team

Journal owner / lead

Use only the sections relevant to your investigation. Repeatable pages may be duplicated as required.

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Investigation Details

Use this page to identify the investigation if pages are separated from the rest of the binder.

All fields are optional and can be adapted to suit an individual, pair or group investigation.

1 INVESTIGATION

Venue / location

Town / area

Date

Start

Finish

Main investigator / contact

Investigator / group name (if used)

2 PURPOSE / SCOPE

Main purpose or questions

Areas included / excluded

3 MASTER REFERENCES

Primary audio / video storage location

Main investigation reference / folder name

Notes



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How to Use the Complete Journal

This is a flexible recordkeeping resource, not a set of rules, a standard investigation protocol or a training manual.

Use, adapt, reorder or omit pages to suit your own approach. Inclusion of a technique does not mean it is scientifically validated.

1

RECORDING & REVIEW CONSIDERATIONS

Describe first, interpret later.

Record what was seen, heard, felt or measured before deciding what it might mean.

Keep useful context.

Times, locations, people present, equipment settings and known environmental factors can help later review.

Record ordinary possibilities.

Movement, voices, lighting, radio fragments, building noise and device behaviour may all matter.

Keep accounts separate where useful.

Independent descriptions can be compared later without requiring everyone to agree.

Leave room for uncertainty.

Source uncertain or insufficient information can be accurate outcomes.

2

REPEATABLE PAGE MARKER



A large asterisk marks pages designed to be printed or duplicated as many times as needed.

Your own notes about how you want to use this binder

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Build Your Investigation Pack

Choose only the pages that are useful for the investigation you are planning.

The full digital master can stay intact while a printed binder contains just the sections and spare sheets you want.

1 COMMONLY USEFUL PAGES

Possible starting set

- | | | |
|--|---|--|
| ☐ Investigation details | ☐ Objectives / claims to explore | ☐ Equipment / recording setup |
| ☐ Environmental walkthrough | ☐ Area baselines | ☐ Session records |
| ☐ Movement / contamination logs | ☐ Review pages | ☐ Final summary |

2 ADD ACTIVITY MODULES IF THEY ARE RELEVANT

Optional activity modules

- | | | |
|--|--|---|
| ☐ EVP / audio | ☐ Spirit box | ☐ Estes Method |
| ☐ Trigger objects | ☐ Silent / lone vigil | ☐ Calling out |
| ☐ Table tipping | ☐ Pendulum | ☐ Pendulum board |
| ☐ Ouija board | ☐ Custom experiment | ☐ Control / reproduction |

3 EXTRA COPIES

Area Baselines		Session Records		Observation Records	
Contamination Logs		Experiment Sheets		Review Sheets	

Pack notes

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Binder Setup & Suggested Tabs

The journal is arranged in ten sections so a printed copy can be organised in a ring binder or folder.

These tab names are only a convenient option - rename, combine or omit them if another layout suits you better.

1 SUGGESTED TAB LABELS

1 Guide

2 Research

3 Setup

4 Planning

5 Sessions

6 Activities

7 Review

8 Analysis

9 Final Review

10 Spare Forms

2 REPEATABLE SHEETS

*

Keep extra copies of pages marked with an asterisk behind the relevant section, or in Section 10.

Divider pages can be printed on heavier paper or card if that is useful for your binder.

Binder / folder notes

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Contents

Sections are organised by purpose rather than presenting one fixed way to investigate.

Use page codes in the footer when you want to cross-reference notes, recordings or review sheets.

1

MASTER SECTIONS

01 Journal Guide & Recording Considerations

02 Research & Venue Preparation

03 Equipment, Environment & Baselines

04 Investigation Planning & Movement

05 General Investigation Sessions

06 Specialist Investigation Activities

07 Evidence & Recording Review

08 Analysis & Comparison

09 Final Review & Follow-Up

10 Additional / Repeatable Pages



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SECTION 01

JOURNAL GUIDE & RECORDING CONSIDERATIONS

Optional prompts for clearer records and later comparison. They are not rules about how an investigation must be carried out.

IN THIS SECTION

- Observation before interpretation
- Useful times and references
- Independent descriptions where useful
- Ordinary explanations and contamination
- Neutral language when the cause is uncertain

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Recording & Review Considerations

These prompts are offered as recordkeeping considerations rather than a required investigation method.

Use whichever ideas improve the clarity of your own notes.

1 OBSERVATION BEFORE INTERPRETATION

Describe what happened before deciding what it may mean.

2 ORDINARY POSSIBILITIES

Record plausible normal causes and relevant environmental context.

3 INDEPENDENT DESCRIPTIONS

Where useful, separate individual accounts before comparing them.

4 EQUIPMENT CONTEXT

A device response is information about the device and conditions; it does not establish a paranormal cause.

5 UNCERTAINTY

It is reasonable to record source uncertain or insufficient information when the cause cannot be determined.

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Observation vs Interpretation Quick Guide

1 WHAT WAS ACTUALLY OBSERVED?

Example: three knocks were heard from the corridor.

2 WHAT WAS THE FIRST INTERPRETATION?

Example: someone thought it sounded like a reply.

3 WHAT ELSE COULD EXPLAIN IT?

Building noise, another person, equipment, outside activity, coincidence, etc.

4 WHAT INFORMATION WOULD HELP?

Recording, independent account, repeat test, environmental check or further research.



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Time, File & Reference Conventions

Agree basic recording conventions before the investigation starts.

Consistent times, filenames and page references make later reconstruction much easier.

☐

RUNNING LOG

Item	Suggested format	Example	Notes

☐

NOTES

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Master Reference Notes

1 MASTER INVESTIGATION REFERENCE

Folder, case or investigation identifier.

2 MASTER TIME SOURCE

Device or clock used as the main time reference.

3 FILE STORAGE / BACKUP LOCATION

Where original recordings and working copies are stored.

4 PAGE / SESSION CODING NOTES

Any local codes or numbering added by the investigation team.

5 GENERAL REFERENCE NOTES

Anything needed to understand the binder later.



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SECTION 02

RESEARCH & VENUE PREPARATION

Document what is known about the venue before the investigation, keeping verified history separate from reported experiences.

IN THIS SECTION

- Venue details and timeline
- Verified history and sources
- Reported experiences
- Previous investigations
- Expectation and information-sharing context
- Objectives and claims to test
- Entity profiles and historical research

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Venue Details

1 VENUE / LOCATION

Name, town, building type, approximate construction date and current use.

2 ORIGINAL / HISTORICAL USE

What is supported by historical sources?

3 CURRENT ACCESS / AREAS IN SCOPE

Which parts of the venue are included in this investigation?

4 RESEARCHED BY / DATES

Who researched the venue and when was the information last checked?

5 VENUE NOTES

General context that does not belong in reported experiences.



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Historical Timeline

Record significant dates, changes of use, rebuilding and documented events.

Keep folklore and paranormal claims out of this timeline unless they are being recorded as a historical source themselves.

☐

RUNNING LOG

Date / period	Event / change	Source / reference

☐

NOTES

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Verified Venue History

1 DOCUMENTED HISTORY

Historically supported information only.

2 PEOPLE ASSOCIATED WITH THE VENUE

Record only what can be supported by sources.

3 AREAS OF HISTORICAL INTEREST

Rooms or parts of the site with documented significance.

4 ALTERATIONS / CHANGES OF USE

Rebuilding, extensions, demolition and major changes.



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Historical Sources & References

Record where historical information came from.

A frequently repeated story is not automatically a verified historical fact.

☐

RUNNING LOG

Source / reference	Type	What did it support?	Date / period

☐

NOTES



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Reported Experiences

Record reported experiences without presenting them as established paranormal facts.

These pages are repeatable if the venue has many reported experiences.

Reported experience

☐

Area / room

Approx. date / period

Who reported it?

What was reported?

Source status

☐ First-hand

☐ Second-hand

☐ Venue staff

☐ Online

☐ Folklore

Reported more than once?

☐ Yes

☐ No

☐ Unknown

Source / reference

Conditions associated / known ordinary explanations

Reported experience

☐

Area / room

Approx. date / period

Who reported it?

What was reported?

Source status

☐ First-hand

☐ Second-hand

☐ Venue staff

☐ Online

☐ Folklore

Reported more than once?

☐ Yes

☐ No

☐ Unknown

Source / reference

Conditions associated / known ordinary explanations



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☐ Unknown

Source / reference

Conditions associated / known ordinary explanations

Reported experience

☐

Area / room

Approx. date / period

Who reported it?

What was reported?

Source status

☐ First-hand

☐ Second-hand

☐ Venue staff

☐ Online

☐ Folklore

Reported more than once?

☐ Yes

☐ No

☐ Unknown

Source / reference

Conditions associated / known ordinary explanations

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Claims That Could Not Be Verified

1 CLAIM / STORY

Record the wording of the claim as accurately as possible.

2 SOURCES CHECKED

What was searched or consulted?

3 WHAT COULD NOT BE VERIFIED?

State what is unsupported, missing or contradictory.

4 CURRENT STATUS

Unverified, contradicted, partly supported, or further research required.

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Previous Investigations

1 INVESTIGATOR / GROUP / DATE

Who carried out the earlier investigation and when?

2 WHAT WAS REPORTED OR RECORDED?

Record the source's report rather than adopting its conclusion.

3 ORIGINAL MATERIAL AVAILABLE?

Were original notes, audio or video available for comparison?

4 POSSIBLE EXPLANATIONS / LIMITATIONS

Any known problems or alternative explanations.

5 SOURCE / REFERENCE

Where can the original information be found?

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What Investigators Already Know

1 KNOWN STORIES / CLAIMS

What information has already been shared with investigators?

2 WHO KNOWS WHAT?

Record differences between individuals or groups if some information is withheld.

3 SOURCE OF INFORMATION

Venue staff, witness, previous investigator, online source, folklore, media, etc.

4 INFORMATION DELIBERATELY WITHHELD

Useful for reduced-information or comparison work.

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Expectation & Information-Sharing Record

Record when claims, interpretations or previous observations are shared.

This makes later accounts easier to assess in context.

☐

RUNNING LOG

Time	Person / group	Information shared	Source	Possible influence

☐

NOTES

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Investigation Objectives & Questions

1 MAIN INVESTIGATION AIMS

What are you actually trying to learn or test?

2 SPECIFIC QUESTIONS

Keep questions answerable where possible.

3 WHAT WOULD COUNT AS A USEFUL RESULT?

Include negative or ordinary findings, not only unusual observations.

4 WHAT IS OUTSIDE THE SCOPE?

Areas, methods or claims not being tested.



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Claims to Test

Turn venue claims into practical checks without assuming a paranormal explanation.

Use control and reproduction pages later when a specific explanation can be tested.

☐

RUNNING LOG

Area	Claim / reported experience	What could be checked?	Possible ordinary explanation

☐

NOTES

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Areas of Particular Interest

1 AREA / ROOM

Name the area clearly.

2 WHY IT IS OF INTEREST

History, report, environmental feature or previous observation.

3 WHAT SHOULD BE CHECKED FIRST?

Baseline, normal sounds, lighting, equipment or access.

4 KNOWN EXPECTATION / BIAS RISK

What have investigators already been told about this area?

5 NOTES

Anything else relevant before entering the area.

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Research Gaps & Known Limitations

1 MISSING HISTORICAL INFORMATION

What could not be established before the investigation?

2 UNVERIFIED VENUE CLAIMS

Which stories remain unsupported?

3 ACCESS / TIME LIMITATIONS

What cannot be investigated fully?

4 OTHER LIMITATIONS

Equipment, staffing, recording coverage, permissions or other constraints.



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Quick Entity Log

QUICK CAPTURE

Use this page when a possible name or identity comes up. Capture the essential details and source now, then use a Full Entity Profile if the lead is worth developing.

1

QUICK ENTITY LOG

Name / identifier	Age	Born	Died	Source	Other information

2

OTHER NOTES

Exact wording, where the information came from, recording references, uncertainties or follow-up reminders



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Full Entity Profile

*

PROFILE PURPOSE

Use this page to develop one possible identity. Keep reported information and independently verified historical information separate.

1 CORE DETAILS

Name / identifier

Other names / spellings / aliases

Age / approx.

Born / year

Died / year

Sex / gender if reported

Occupation / role

Connection to location

Associated room(s) / area(s)

Family / relationships mentioned

2 HOW THE IDENTITY WAS DISCOVERED

Source / method

Date first recorded

How did the name / identity first arise?

Exact wording or key detail originally recorded

☐ Known beforehand

☐ Not known beforehand

☐ Some information known

☐ Unsure

3 REPORTED CHARACTERISTICS & ASSOCIATIONS

Appearance, personality, behaviour, repeated words / phrases, objects, dates or other associations

4 CURRENT PROFILE SUMMARY

What is currently being suggested or investigated?



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Historical Research & Verification

*

RESEARCH SEPARATELY

A historical match can be interesting, but a matching person does not by itself establish that investigation responses originated from that person.

1 POTENTIAL HISTORICAL MATCH

Potential historical match / full name

Born / year

Died / year

Occupation

Connection to location

Why is this person being considered a possible match?

2 SOURCES CHECKED

Source / record	What was checked	Result	Reference / link / citation

3 VERIFICATION

What information was confirmed?

What information could not be verified?

What information contradicted the profile?

Other possible historical matches / alternative explanations

4 HISTORICAL ASSESSMENT

☐ Strong match

☐ Partial match

☐ Possible match

☐ Unverified

☐ Conflicting information

☐ Insufficient information



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SECTION 03

EQUIPMENT, ENVIRONMENT & BASELINES

Establish normal conditions, equipment settings and recording references before investigation sessions begin.

IN THIS SECTION

- Investigator / team details
- Equipment inventory and checks
- Recording setup and clock synchronisation
- Environmental walkthrough
- Electrical and radio environment
- Six repeatable Area Baseline pages

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Investigator / Team Details

1 INVESTIGATORS / TEAM MEMBERS

Names and identifying initials if used in notes.

2 ROLES / RESPONSIBILITIES

Session lead, recorder operator, equipment lead, observer, etc.

3 GROUP / PAIR ALLOCATION

Initial grouping if applicable.

4 COMMUNICATION / IDENTIFIERS

Radio names, call signs or other identifiers.



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Equipment Inventory

Record equipment before the investigation starts.

If a device is moved or its settings change later, use the Equipment Change Log.

☐

RUNNING LOG

Device / equipment	Purpose	Assigned to	Starting position

☐

NOTES

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Equipment Pre-Checks

Complete only the checks relevant to the equipment being used.

A pre-check does not guarantee that a device will behave perfectly during the investigation.

1 PRE-SESSION CHECKS

Pre-Session Checks

- | | | |
|---|---|--|
| ☐ Power / batteries checked | ☐ Storage available | ☐ Device tested |
| ☐ Clock / time checked | ☐ Firmware / app noted | ☐ Normal behaviour observed |
| ☐ Sensitivity / thresholds noted | ☐ Tripods / mounts checked | ☐ Spare batteries available |

2 KNOWN LIMITATIONS

Known Limitations

- | | | |
|---|---|---|
| ☐ Range / sensitivity limits | ☐ Wireless interference possible | ☐ Temperature response delay |
| ☐ Audio auto-gain | ☐ Motion threshold | ☐ Calibration uncertain |
| ☐ Consumer-grade measurement | ☐ Other limitation | ☐ No known limitation recorded |



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Recording Devices & File References

Record audio and video devices, positions and starting file references.

Original recordings should be retained separately from edited or processed working copies.

☐

RUNNING LOG

Device	Operator	Area / position	Start file / ref.	Recording method

☐

NOTES



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Clock Synchronisation

Compare device clocks before the investigation begins.

Record differences even if you decide not to change the device time.

☐

RUNNING LOG

Device	Displayed time	Master/reference time	Difference	Corrected?

☐

NOTES

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Environmental Walkthrough

Look for ordinary features that could influence later observations.

Use Area Baseline pages for detailed room-by-room records.

1 BUILDING / ENVIRONMENT

Building / Environment

- | | | |
|---|--|---|
| ☐ Heating / radiators | ☐ Pipes / plumbing | ☐ Creaking floors |
| ☐ Loose / moving doors | ☐ Windows / draughts | ☐ Ventilation / fans |
| ☐ Road traffic | ☐ Railway / vibration | ☐ Nearby people |
| ☐ Wildlife / insects | ☐ Clocks / bells | ☐ Appliances / machinery |
| ☐ Lighting / reflections | ☐ Outside light | ☐ Weather effects |

2 NOTES TO CHECK LATER

Notes To Check Later

- | | | |
|---|---|---|
| ☐ Recurring sound | ☐ Repeated vibration | ☐ Temperature difference |
| ☐ Moving shadow / reflection | ☐ Door movement | ☐ Airflow source |
| ☐ External voices | ☐ Vehicle noise | ☐ Other repeatable feature |

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Electrical & Radio Environment

Record nearby electrical and radio sources before using equipment that may respond to them.

Signal conditions can change by area and over time.

1 KNOWN SOURCES

Known Sources

- | | | |
|---|--|---|
| ☐ Wi-Fi router | ☐ Mobile signal | ☐ Bluetooth |
| ☐ CCTV | ☐ Security alarm | ☐ Electrical panel |
| ☐ Radio transmitter | ☐ Two-way radios | ☐ Smart devices |
| ☐ Automatic lighting | ☐ Chargers / power supplies | ☐ Other electrical equipment |

2 RADIO / SIGNAL NOTES

Radio / Signal Notes

- | | | |
|--|--|---|
| ☐ Strong FM station | ☐ Strong AM station | ☐ Repeated station voice |
| ☐ Intermittent signal | ☐ Poor reception | ☐ Unknown interference |

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Known Normal Sounds & Movement

1 RECURRING SOUNDS

Pipes, clocks, heating, wildlife, traffic, neighbours, machinery, etc.

2 NORMAL BUILDING MOVEMENT

Floor flex, doors, loose fittings, vibration, settling or airflow.

3 LIGHT / REFLECTION SOURCES

Windows, reflective surfaces, passing vehicles, automatic lights, screens.

4 OTHER REPEATABLE CONDITIONS

Anything likely to matter during review.



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Area / Room Baseline

Record normal conditions in one area before an investigation session begins.

This page is repeatable. Use one copy for each room or area that needs a separate baseline.

1 AREA DETAILS

Area / room

Time

Recorded by

2 INITIAL CONDITIONS

Temperature / conditions (if measured)

EMF / electrical readings (if measured)

Radio / wireless environment

Sound environment / recurring noises

Lighting / visibility / reflections

Airflow / draughts / temperature differences

Normal movement / vibration / building behaviour



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Recorded by

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Radio / wireless environment

Sound environment / recurring noises

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Airflow / draughts / temperature differences

Normal movement / vibration / building behaviour



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Equipment Change Log

Record battery changes, repositioning, sensitivity changes, restarts or other equipment changes.

This prevents later review from assuming a device remained in the same state all night.

☐

RUNNING LOG

Time	Device	Change made	Who made it	Reason / reference

☐

NOTES



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Recording Start / Stop Log

Record when recording devices start, stop or create a new file.

This helps establish whether a later event should have been captured.

☐

RUNNING LOG

Time	Device	Start / stop / file	Operated by	Reason / note

☐

NOTES



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Area Baseline Index

Use this index when several Area Baseline pages are included in the binder.

Additional Area Baseline master pages are also included in Section 10.

☐

RUNNING LOG

Area / room	Baseline page code	Time	Recorded by	Important normal feature

☐

NOTES

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General Setup Notes

1 SETUP NOTES

Anything about the venue, equipment or recording arrangement not captured elsewhere.

2 ISSUES BEFORE STARTING

Faults, delays, access problems or unexpected changes.

3 CORRECTIONS / FOLLOW-UP

Anything that should be checked before the first session begins.



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SECTION 04

INVESTIGATION PLANNING & MOVEMENT

Plan sessions and keep a chronological record of where people were, when information was shared and when contamination occurred.

IN THIS SECTION

- Investigation plan and session schedule
- Location / movement records
- People entering or leaving areas
- Contamination and interruption logs
- Information-sharing and handover
- Breaks and session end-state checks



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Investigation Plan

Plan the investigation in enough detail to reconstruct intended activity later.

Significant changes should be recorded rather than silently replacing the original plan.

☐

RUNNING LOG

Start	Area	Method / activity	People / group	Equipment

☐

NOTES



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Session Schedule

Use this as a simple overview of the night.

Detailed observations belong on the General Session Record pages.

☐

RUNNING LOG

Session	Planned start	Actual start	Actual end	Area	Method

☐

NOTES



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The Movement Log records what actually happened.

RUNNING LOG

NOTES



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Investigator / Group Movement Log

Record significant movement between areas.

Movement can explain voices, footsteps, shadows, vibration and equipment activation.

☐

RUNNING LOG

Time	Person / group	From	To	Activity / equipment

☐

NOTES



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Investigator / Group Movement Log

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☐

RUNNING LOG

Time	Person / group	From	To	Activity / equipment

☐

NOTES



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People Entering / Leaving an Area

Use this when knowing exactly who was present matters to later review.

This can be especially useful for audio sessions.

☐

RUNNING LOG

Time	Area	Person / group	Entered / left	Reason / note

☐

NOTES



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Contamination / Interruption Log

Record coughs, voices, footsteps, phones, doors, vehicles, equipment knocks and other known contamination.

Known contamination is valuable information during later review.

☐

RUNNING LOG

Time	Area	What happened?	People / device affected	Reference

☐

NOTES



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

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☐

RUNNING LOG

Time	Area	What happened?	People / device affected	Reference

☐

NOTES



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Information Sharing & Session Handover

Record what one investigator or group tells another.

This helps distinguish genuinely independent later observations from information already shared.

☐

RUNNING LOG

Time	From	To	Information shared	Why it may matter

☐

NOTES



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Break / Interruption Record

Record enough context to interpret later sessions accurately.

RUNNING LOG

[illegible]

NOTES

SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Experiment Planning

1 QUESTION / HYPOTHESIS

What exactly are you trying to test?

2 METHOD

What will be done and in what order?

3 CONTROLS / COMPARISON

What ordinary causes or alternative conditions will be checked?

4 EXPECTED OBSERVATIONS

What would count as a meaningful result?

5 LIMITATIONS

What will this experiment not be able to establish?



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Session End-State Check

1 AREA / SESSION

Identify the room and session.

2 DEVICE SETTINGS / POSITIONS AT END

Record anything that changed during the session.

3 OBJECT / DOOR / LIGHT POSITIONS

Useful where movement or trigger objects are involved.

4 RECORDING STATUS

Which devices are still running or stopped?

5 HANDOVER NOTES

Anything the next group should know - or deliberately not be told.



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SECTION 05

GENERAL INVESTIGATION SESSIONS

Repeatable pages for recording what happens during sessions, including observations, environmental changes and possible investigator influence.

IN THIS SECTION

- Six General Session Records
- Four Detailed Observation Records
- Independent observation comparisons
- Cross-team / cross-session comparison
- Environmental Change Logs
- Self-Contamination / Investigator Influence Check
- Master running event log



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

General Investigation Session Record

Record the session as it happens. Describe observations before interpreting them.

This page is repeatable and can be duplicated for additional sessions.

1 SESSION DETAILS

Area / room	Session start	Session end	Session / group

People present / roles

2 SESSION ENTRIES

Entry ☐

Time

What was observed?

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time

What was observed?

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time

What was observed?

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

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Entry ☐

Time

What was observed?

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Entry ☐

Time

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Possible ordinary explanation / contamination / relevant reference

Entry ☐

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Possible ordinary explanation / contamination / relevant reference



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

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Area / room	Session start	Session end	Session / group

People present / roles

2 SESSION ENTRIES

Entry ☐

Time

What was observed?

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Entry ☐

Time

What was observed?

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time

What was observed?

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

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Record the session as it happens. Describe observations before interpreting them.

This page is repeatable and can be duplicated for additional sessions.

1 SESSION DETAILS

Area / room	Session start	Session end	Session / group

People present / roles

2 SESSION ENTRIES

Entry ☐

Time		What was observed?	
------	----------------------	--------------------	----------------------

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time		What was observed?	
------	----------------------	--------------------	----------------------

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time		What was observed?	
------	----------------------	--------------------	----------------------

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Possible ordinary explanation / contamination / relevant reference



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What was observed?

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Possible ordinary explanation / contamination / relevant reference



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Entry ☐

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------	----------------------	--------------------	----------------------

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time		What was observed?	
------	----------------------	--------------------	----------------------

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time		What was observed?	
------	----------------------	--------------------	----------------------

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Detailed Observation Record

Use this page when an observation needs more detail than the general session log.

Complete individual accounts before group discussion where practical.

1 OBSERVATION DETAILS

Investigator

Area / room

Time

Exactly what did you see, hear, feel or notice?

Position / direction / what you were doing

What happened immediately beforehand?

2 INDEPENDENT SUPPORT / CONTAMINATION

Observation context

- | | | |
|---------------------------------------|---|--|
| ☐ Noticed live | ☐ Only noticed later | ☐ Independent account available |
| ☐ Audio | ☐ Video | ☐ Equipment |
| | | ☐ Known contamination |

Possible ordinary explanation / limitations / related reference



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

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Investigator

Area / room

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Exactly what did you see, hear, feel or notice?

Position / direction / what you were doing

What happened immediately beforehand?

2 INDEPENDENT SUPPORT / CONTAMINATION

Observation context

☐ Noticed live

☐ Only noticed later

☐ Independent account available

☐ Audio

☐ Video

☐ Equipment

☐ Known contamination

Possible ordinary explanation / limitations / related reference



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Area / room

Time

Exactly what did you see, hear, feel or notice?

Position / direction / what you were doing

What happened immediately beforehand?

2 INDEPENDENT SUPPORT / CONTAMINATION

Observation context

☐ Noticed live

☐ Only noticed later

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☐ Audio

☐ Video

☐ Equipment

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Possible ordinary explanation / limitations / related reference



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Investigator

Area / room

Time

Exactly what did you see, hear, feel or notice?

Position / direction / what you were doing

What happened immediately beforehand?

2 INDEPENDENT SUPPORT / CONTAMINATION

Observation context

☐ Noticed live

☐ Only noticed later

☐ Independent account available

☐ Audio

☐ Video

☐ Equipment

☐ Known contamination

Possible ordinary explanation / limitations / related reference



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Independent Observation Comparison

Compare two accounts only after each person has recorded what they noticed independently.

Differences are useful information and should not be edited out.

1 EVENT DETAILS

Area / room	Approx. time	Event reference

Investigator

Name

Recorded before discussion?

Account

Investigator

Name

Recorded before discussion?

Account

2 COMPARISON

What overlaps?

What differs?



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Independent Observation Comparison

Compare two accounts only after each person has recorded what they noticed independently.

Differences are useful information and should not be edited out.

1 EVENT DETAILS

Area / room	Approx. time	Event reference

Investigator

Name

Recorded before discussion?

Account

Investigator

Name

Recorded before discussion?

Account

2 COMPARISON

What overlaps?

What differs?



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Cross-Team / Cross-Session Comparison

Compare reports from different groups or sessions.

Similar reports are most informative when the groups had not already shared the relevant information.

☐

RUNNING LOG

Time / ref.	Group / session	Observation	Info shared beforehand?	Similarity / difference

☐

NOTES



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Master Running Event Log

Use this as a simple chronological index of important events.

Detailed accounts should still be recorded on the relevant session or observation pages.

☐

RUNNING LOG

Time	Area	People / group	Event / observation	Reference

☐

NOTES

SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Session End-State Record

1 AREA / SESSION

Identify the room and session.

2 DEVICE / OBJECT POSITIONS AT END

Record anything that changed during the session.

3 DOORS / WINDOWS / LIGHTS / FURNITURE

Useful where movement or trigger objects are involved.

4 PEOPLE PRESENT AT END

5 WHAT CHANGED SINCE SESSION START?

6 RELATED FILE / PAGE REFERENCES



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Environmental Change Log

Record changes from the starting baseline during the investigation.

Temperature, airflow, lighting, sound, electrical conditions, weather and building activity can all change over time.

☐

RUNNING LOG

Time	Area	What changed?	Possible source / cause	Related observation / file



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Environmental Change Log

Record changes from the starting baseline during the investigation.

Temperature, airflow, lighting, sound, electrical conditions, weather and building activity can all change over time.

☐

RUNNING LOG

Time	Area	What changed?	Possible source / cause	Related observation / file



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Self-Contamination / Investigator Influence Check

Use when your own movement, body, equipment handling or position could have influenced an observation.

This is particularly useful for solo investigation, close microphone work and movement-sensitive equipment.

1 POSSIBLE INFLUENCES

Check anything that may be relevant

- | | | |
|---|--|--|
| ☐ Walking / shifting position | ☐ Breathing near microphone | ☐ Clothing noise |
| ☐ Keys / jewellery | ☐ Phone / radio | ☐ Torch / screen light |
| ☐ Shadow / reflection | ☐ Floor vibration | ☐ Equipment handling |
| ☐ Tripod / stand movement | ☐ Touching wall / furniture | ☐ Own voice / whisper |
| ☐ Bag / accessories | ☐ Door / surface contact | ☐ Posture / muscle movement |
| ☐ Unsure / not noticed at time | | |

2 OBSERVATION / EVENT REFERENCE

3 WHAT COULD YOUR OWN ACTIONS HAVE INFLUENCED?

4 CHECK / REPRODUCTION RESULT



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SECTION 06

SPECIALIST INVESTIGATION ACTIVITIES

Optional forms for commonly used paranormal investigation activities. Inclusion records how an activity was used; it does not endorse it or establish that it detects or communicates with anything paranormal.

IN THIS SECTION

- EVP / audio, spirit box and Estes Method
- Trigger objects and motion devices
- Silent / lone vigils and calling out
- Table tipping
- Free pendulum and pendulum board
- Ouija board
- Custom, reduced-information and control experiments



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EVP / Audio Recording Session

Record questions, live sounds and known contamination during an audio session.

A sound discovered later should be compared with the original recording and investigation timeline.

☐

RUNNING LOG

Time	Question / prompt	Sound noticed live	Known contamination	File ref.

☐

NOTES



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Spirit Box Session

Record questions and possible responses without assuming they are communication.

Broadcast fragments, repeated stations, expectation and differing interpretations should be considered.

☐

RUNNING LOG

Time	Question / prompt	Sound / word heard	Possible radio source	Audio ref.

☐

NOTES



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Estes Method Session

Record roles clearly so the listener's words can be compared with questions afterwards.

Also record whether the listener could hear the room or questioner.

☐

RUNNING LOG

Time	Questioner prompt	Listener said / heard	Who heard it?	Audio ref.

☐

NOTES



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Trigger Object / Motion Device Setup

Use for cat balls, REM Pods, music boxes, motion devices, trigger dolls or similar equipment.

Record placement and normal behaviour before logging activations.

1 DEVICE / OBJECT & POSITION

Device / object

Area / exact position

Placed / checked by

Recording reference

2 BASELINE / NORMAL BEHAVIOUR

How was the device tested and what normally triggers it?

Nearby movement, vibration, airflow, radio/electrical sources or other influences

3 PROMPT / CONDITION BEING TRIED

4 STARTING STATE

Object / device state, sensitivity, lights, sound, position or other useful starting information



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Trigger Object / Motion Activation Log

Log individual activations after the setup and baseline have been recorded.

Record nearby movement and ordinary influences even when no cause is obvious.



RUNNING LOG

Time	Activation / change	Nearest person / movement	What happened just before?	Possible source / file ref.



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Silent / Lone Vigil Setup

Use for a quiet observation period with one person or a small number of observers.

Record the conditions and agreed movement/noise limits so later observations have context.

1 SESSION DETAILS

Area / room

Start / end

People present

2 CONDITIONS

Lighting / visibility

Known sounds / airflow / equipment running

Audio / video / equipment references

3 MOVEMENT / NOISE CONTEXT

What is expected during the vigil?

☐ Remain mostly stationary

☐ Movement allowed

☐ Talking allowed

☐ Low / no lighting

☐ Torch may be used

☐ Other arrangement

Notes



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Silent / Lone Vigil Observation Log

Record observations during the vigil without needing to interpret them immediately.

Include ordinary sounds and changes as well as unusual observations.

☐

RUNNING LOG

Time	What was noticed?	Your position / activity	Environmental change / possible cause	File ref.



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Calling-Out Session Setup

Use when questions or prompts are spoken into an area and the timing of any observations is being logged.

The form records the sequence without assuming that an apparent response has a paranormal cause.

1 SESSION DETAILS

Area / room

Start / end

People present / person speaking

Recording / equipment references

2 KNOWN ENVIRONMENTAL CONTEXT

3 QUESTION / PROMPT APPROACH

Any planned questions, timing gaps or conditions

4 NOTES BEFORE STARTING



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Calling-Out Prompt & Observation Log

Record the timing of prompts and anything noticed afterwards.

Coincidence, building noise and delayed environmental sounds can be considered during review.

☐

RUNNING LOG

Time	Question / prompt	What happened afterwards?	Known sound / movement / source	File ref.



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Table Tipping Session Setup

Record the table, floor, participants and contact positions before logging movement.

Unconscious pressure, shifting weight, floor movement and deliberate movement are possible influences to consider.

1 TABLE & FLOOR

Table description / size / weight

--

Floor / surface / stability

--

2 PARTICIPANTS & CONTACT

Participants / positions around table

--

Hand / finger position and contact

--

Feet / chairs / nearby contact with table or floor

--

3 BASELINE / CONTROL

--

4 RECORDING REFERENCE

--



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Table Tipping Movement Log

Describe the movement first, then note possible physical influences.

Use additional copies if the session contains many separate movements.

☐

RUNNING LOG

Time	Movement observed	People touching table	Pressure / position change	Floor / other movement	File ref.



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Free Pendulum Session Setup

Use for a free-hanging pendulum without a labelled response board.

Small unconscious hand and muscle movements can influence a pendulum, so holder position and controls are useful context.

1 SETUP

Pendulum / chain length

Holder

Area / position

Recording reference

2 HAND / BODY POSITION

Hand, elbow and arm support / starting position

Starting pendulum position / initial movement

3 RESPONSE CONVENTION (IF USED)

How were directions or movements defined before questions?

4 CONTROL / COMPARISON IDEAS



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Free Pendulum Question & Movement Log

Record the physical movement before interpreting it as a response.

Holder posture, fatigue and ideomotor movement may be relevant during review.

☐

RUNNING LOG

Time	Question / prompt	Movement observed	Direction / duration	Holder movement / control	File ref.



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Pendulum Board Session Setup

Use when a pendulum is held over a labelled response board or chart.

Record the response layout before questions so observed movement can be separated from its later interpretation.

1 BOARD & PENDULUM

Board / layout

Pendulum / chain length

Holder

Area / position

2 STARTING POSITION

Hand / arm support, height above board and pendulum starting point

3 RESPONSE POSITIONS AGREED BEFORE QUESTIONS

4 RECORDING / CONTROL NOTES



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Pendulum Board Question & Movement Log

Record movement and the board position separately.

The board label describes the agreed interpretation of a movement; it does not establish what caused the movement.

☐

RUNNING LOG

Time	Question asked	Movement observed	Board position / response indicated	Repeat / control	File ref.

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Pendulum Board Session Review

Review the session without assuming that indicated answers came from an external source.

Use recordings or independent observers where available.

1 APPARENT WORDS / RESPONSES OR REPEATED OUTCOMES

2 HOLDER / HAND / BODY MOVEMENT THAT MAY HAVE MATTERED

Include ideomotor movement, fatigue, posture or support changes.

3 PARTICIPANT OR HOLDER CHANGES

Did results change when the holder or position changed?

4 CONTROL / REPRODUCTION ATTEMPTS

5 CURRENT ASSESSMENT / ITEMS TO REVIEW



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Ouija Board Session Setup

Use to record a board session without assuming that planchette movement represents communication.

Unconscious ideomotor movement, deliberate movement, table movement and group expectation can all influence a session.

1 BOARD / PLANCHETTE / SURFACE

Board / layout

Planchette / pointer

Surface / table

Area / lighting

2 PARTICIPANTS

People touching the planchette

Observers not touching

3 STARTING CONDITIONS

Starting planchette position / hand or finger position

Recording reference / baseline or control notes

4 QUESTION APPROACH



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Ouija Board Question & Movement Log

Record the physical movement and indicated letters, numbers or symbols as they occur.

If apparent words or phrases are formed, record them without assuming who or what caused the movement.

☐

RUNNING LOG

Time	Question asked	Letters / numbers / symbols indicated	Movement observed	Touch / interruption notes	File ref.

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Ouija Board Session Review

Review the session by separating what moved from what the group interpreted the movement to mean.

Apparent words can be recorded without treating them as verified communication.

1 APPARENT WORDS / PHRASES / REPEATED SEQUENCES

2 PLANCHETTE MOVEMENT CHARACTERISTICS

Smooth, intermittent, directional, stopped, reversed, or inconsistent.

3 PARTICIPANT / HAND POSITION CHANGES

Did movement change when participants or positions changed?

4 POSSIBLE IDEOMOTOR / DELIBERATE / PHYSICAL INFLUENCES

5 CONTROL / REPRODUCTION ATTEMPTS

6 CURRENT ASSESSMENT / ITEMS TO REVIEW



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Custom Experiment Record

Use for any investigation method not covered by the specialist templates.

Record method, controls, contamination and limits before drawing conclusions.

1

QUESTION / AIM

2

SETUP / METHOD

3

CONTROLS / POSSIBLE ORDINARY INFLUENCES

4

OBSERVATIONS / RESULTS

5

CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

☐ Likely explanation

☐ Source uncertain

☐ More testing



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

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CONTROLS / POSSIBLE ORDINARY INFLUENCES

4

OBSERVATIONS / RESULTS

5

CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

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☐ More testing



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Use for any investigation method not covered by the specialist templates.

Record method, controls, contamination and limits before drawing conclusions.

1

QUESTION / AIM

2

SETUP / METHOD

3

CONTROLS / POSSIBLE ORDINARY INFLUENCES

4

OBSERVATIONS / RESULTS

5

CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

☐ Likely explanation

☐ Source uncertain

☐ More testing



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Blind / Reduced-Information Experiment

Use when an observer, listener or group is deliberately given less information to reduce expectation effects.

Record method, controls, contamination and limits before drawing conclusions.

1 QUESTION / AIM

2 SETUP / METHOD

3 CONTROLS / POSSIBLE ORDINARY INFLUENCES

4 OBSERVATIONS / RESULTS

5 CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

☐ Likely explanation

☐ Source uncertain

☐ More testing



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Control & Reproduction Test

Test a plausible ordinary explanation by changing or repeating one condition at a time.

Record method, controls, contamination and limits before drawing conclusions.

1

QUESTION / AIM

2

SETUP / METHOD

3

CONTROLS / POSSIBLE ORDINARY INFLUENCES

4

OBSERVATIONS / RESULTS

5

CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

☐ Likely explanation

☐ Source uncertain

☐ More testing



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3 CONTROLS / POSSIBLE ORDINARY INFLUENCES

4 OBSERVATIONS / RESULTS

5 CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

☐ Likely explanation

☐ Source uncertain

☐ More testing



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Test a plausible ordinary explanation by changing or repeating one condition at a time.

Record method, controls, contamination and limits before drawing conclusions.

1 QUESTION / AIM

2 SETUP / METHOD

3 CONTROLS / POSSIBLE ORDINARY INFLUENCES

4 OBSERVATIONS / RESULTS

5 CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

☐ Likely explanation

☐ Source uncertain

☐ More testing



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Equipment-Specific Experiment Log

Use when the behaviour of a particular device is itself being tested.

Record sensitivity, positioning and normal behaviour before interpreting changes.

☐

RUNNING LOG

Time	Device	Condition / change	Reading / response	Control / comparison

☐

NOTES

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Environmental Experiment Record

1 QUESTION / OBSERVATION

What environmental effect are you trying to understand?

2 VARIABLE / CONDITION CHANGED

Lighting, airflow, vibration, heating, radio source, door position, etc.

3 COMPARISON / CONTROL

What remains unchanged?

4 RESULT

What happened when the condition changed?

5 LIMITATIONS / NEXT STEP

What does the test not establish?

SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Specialist Method Notes Index

1 METHODS USED

List the method modules actually used in this investigation.

2 PAGE / SESSION REFERENCES

Record page codes and corresponding session or file references.

3 METHODS NOT USED / REASON

Optional - useful where a planned method was abandoned.

4 GENERAL METHOD NOTES

Anything that affects interpretation across multiple method pages.



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SECTION 07

EVIDENCE & RECORDING REVIEW

Review recordings and investigation notes systematically, retaining original files and documenting any processing applied.

IN THIS SECTION

- Items requiring later review
- Audio and spirit-box review
- Video review
- Equipment and personal-experience review
- Written notes vs recordings
- Timeline reconstruction
- Original-file preservation



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Items Requiring Later Review

Mark anything that needs checking after the investigation.

Assign responsibility where several people are reviewing material.

☐

RUNNING LOG

Time	File / page ref.	Why review it?	Assigned to	Outcome

☐

NOTES



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Audio Review Log

Review recordings against session notes, movement logs and known voices.

Keep original audio separate from processed working copies.

☐

RUNNING LOG

File	Timestamp	What is heard?	Known source / contamination	Outcome

☐

NOTES

SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Detailed Audio Observation Review

1 FILE / TIMESTAMP / AREA

2 WHAT IS ACTUALLY HEARD?

Describe the sound before assigning words or meaning.

3 WAS IT NOTICED LIVE?

4 KNOWN VOICES / MOVEMENT / CONTAMINATION

5 INDEPENDENT LISTENER RESULT

What did another person hear before being told an interpretation?

6 CURRENT OUTCOME

Identified ordinary source, likely ordinary, source uncertain, further comparison.



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Audio Interpretation Comparison

Use when speech-like audio is ambiguous.

Record each listener's first description before sharing another person's interpretation.

☐

RUNNING LOG

Listener	What they heard first	Told prior interpretation?	Confidence / note

☐

NOTES

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Spirit Box / Radio Audio Review

1 FILE / TIMESTAMP / QUESTION

2 WORD / PHRASE AS HEARD

3 RADIO / BROADCAST COMPARISON

Station voice, advert, music, repeated presenter, adjacent sweep fragments.

4 INDEPENDENT LISTENING

What did another listener hear without being told the expected word?

5 CURRENT OUTCOME

Likely broadcast, possible broadcast, source uncertain, needs further comparison.



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Video / Image Review

1 FILE / TIMESTAMP / CAMERA POSITION

2 WHAT IS VISIBLE?

Describe the image or movement without interpretation.

3 SURROUNDING FRAMES / CONTEXT

What happens immediately before and after?

4 LIGHTING / REFLECTION / DUST / INSECTS / PEOPLE

5 CAMERA MOVEMENT / FOCUS / COMPRESSION LIMITATIONS

6 CURRENT OUTCOME

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Equipment Activation Review

1 DEVICE / TIME / AREA

2 WHAT CHANGED OR ACTIVATED?

3 BASELINE / NORMAL BEHAVIOUR

4 PEOPLE / MOVEMENT / ENVIRONMENT NEARBY

5 REPRODUCTION / CONTROL RESULT

6 CURRENT OUTCOME

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Personal Experience Review

1 ORIGINAL OBSERVATION REFERENCE

2 WHAT WAS REPORTED?

3 INDEPENDENT SUPPORT AVAILABLE?

4 RECORDING / EQUIPMENT SUPPORT OR CONFLICT

5 POSSIBLE ORDINARY EXPLANATIONS

6 CURRENT OUTCOME



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Written Notes vs Recordings

Compare what was written at the time with what recordings or devices later show.

Neither source should automatically be treated as more reliable without context.

☐

RUNNING LOG

Time / ref.	Written note	Recording / device shows	Agreement / conflict	Follow-up

☐

NOTES



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Master Investigation Timeline Reconstruction

Reconstruct important events across multiple records.

Use device clock differences from the Clock Synchronisation page when aligning files.

☐

RUNNING LOG

Time	Area	People / activity	Observation	Audio / video / equipment	Contamination

☐

NOTES



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Master Investigation Timeline Reconstruction

Reconstruct important events across multiple records.

Use device clock differences from the Clock Synchronisation page when aligning files.

☐

RUNNING LOG

Time	Area	People / activity	Observation	Audio / video / equipment	Contamination

☐

NOTES



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Original File Preservation & Processing Log

Retain original files and document any processing applied to working copies.

Examples include volume changes, filters, noise reduction, stabilisation or frame extraction.

☐

RUNNING LOG

Original file	Working copy	Processing applied	By whom	Date / note

☐

NOTES



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SECTION 08

ANALYSIS & COMPARISON

Compare records, explanations, limitations and differing accounts without requiring a single interpretation.

IN THIS SECTION

- Independent end-of-investigation summaries
- Group investigation comparison
- Observation vs interpretation
- Ordinary explanations and control results
- Independent corroboration and contradictions
- Expectation, equipment and recording limitations
- Unresolved questions



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Independent End-of-Investigation Summary

Use this page for one investigator's own summary before a group comparison.

Different accounts do not need to agree.

1

YOUR MAIN OBSERVATIONS

Complete before comparing notes with others where practical.

2

STRONGEST ORDINARY EXPLANATIONS YOU IDENTIFIED

3

OBSERVATIONS YOU CANNOT CURRENTLY EXPLAIN

4

ITEMS YOU THINK NEED RECORDING / EQUIPMENT REVIEW

5

ANYTHING YOU ARE UNSURE ABOUT OR MAY HAVE MISREMEMBERED



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Independent End-of-Investigation Summary

Use this page for one investigator's own summary before a group comparison.

Different accounts do not need to agree.

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YOUR MAIN OBSERVATIONS

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STRONGEST ORDINARY EXPLANATIONS YOU IDENTIFIED

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OBSERVATIONS YOU CANNOT CURRENTLY EXPLAIN

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ITEMS YOU THINK NEED RECORDING / EQUIPMENT REVIEW

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ANYTHING YOU ARE UNSURE ABOUT OR MAY HAVE MISREMEMBERED



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Independent End-of-Investigation Summary

Use this page for one investigator's own summary before a group comparison.

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YOUR MAIN OBSERVATIONS

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STRONGEST ORDINARY EXPLANATIONS YOU IDENTIFIED

3

OBSERVATIONS YOU CANNOT CURRENTLY EXPLAIN

4

ITEMS YOU THINK NEED RECORDING / EQUIPMENT REVIEW

5

ANYTHING YOU ARE UNSURE ABOUT OR MAY HAVE MISREMEMBERED

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Group Investigation Comparison

Compare individual records after they have been written down.

This page is for comparison, not for forcing a single group interpretation.

1 OBSERVATIONS RECORDED INDEPENDENTLY BY MORE THAN ONE PERSON

2 IMPORTANT DIFFERENCES OR CONTRADICTIONS BETWEEN ACCOUNTS

3 INFORMATION THAT HAD ALREADY BEEN SHARED

4 ORDINARY EXPLANATIONS / CONTROL RESULTS

5 ITEMS REQUIRING LATER REVIEW

6 POINTS THE GROUP CANNOT CURRENTLY RESOLVE

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Observation vs Interpretation

1 WHAT WAS OBSERVED?

2 INITIAL INTERPRETATION

3 OTHER POSSIBLE EXPLANATIONS

4 WHAT DOES THE AVAILABLE INFORMATION ACTUALLY ESTABLISH?

5 WHAT WOULD HELP RESOLVE IT?



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Ordinary Explanations Identified

Record ordinary explanations that fit the available information.

A likely explanation can still have uncertainty.

☐

RUNNING LOG

Observation / ref.	Explanation	Evidence supporting it	Confidence / limit

☐

NOTES



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Control & Reproduction Results

Summarise the control tests carried out during or after the investigation.

A failed reproduction does not demonstrate a paranormal cause.

☐

RUNNING LOG

Observation / ref.	Explanation tested	Result	What it establishes	What it does not establish

☐

NOTES



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Independent Corroboration

Record genuinely independent support separately from accounts influenced by discussion.

Similarity alone does not establish cause.

☐

RUNNING LOG

Observation / ref.	Independent source	Recorded before discussion?	Agreement	Limitations

☐

NOTES



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Contradictory Observations

Do not remove disagreements from the record.

Contradictions may reveal memory effects, perspective differences, timing problems or contamination.

☐

RUNNING LOG

Observation / ref.	Account / source A	Account / source B	Possible reason for difference

☐

NOTES



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Repeated Patterns

Record repeated observations without assuming repetition makes them paranormal.

Look for environmental, behavioural and information-sharing patterns too.

☐

RUNNING LOG

Pattern / observation	Times / areas	Independent?	Environmental link	Further test

☐

NOTES

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Expectation & Suggestion Effects

1 WHAT INVESTIGATORS KNEW BEFOREHAND

2 WHAT WAS SHARED DURING THE INVESTIGATION

3 OBSERVATIONS THAT MAY HAVE BEEN INFLUENCED

4 REDUCED-INFORMATION / BLIND COMPARISONS

5 CURRENT ASSESSMENT

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Equipment Limitations

1 DEVICES / LIMITATIONS THAT MATTERED

2 SETTINGS / POSITION CHANGES

3 INTERFERENCE / ENVIRONMENTAL FACTORS

4 READINGS THAT CANNOT BE INTERPRETED CONFIDENTLY

5 LESSONS FOR NEXT TIME

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Recording Limitations

1 AUDIO COVERAGE / LIMITATIONS

2 VIDEO COVERAGE / BLIND SPOTS

3 CLOCK / FILE ALIGNMENT ISSUES

4 PROCESSING / QUALITY LIMITATIONS

5 WHAT RECORDINGS CANNOT ESTABLISH

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Overall Investigation Limitations

1 TIME / ACCESS LIMITATIONS

2 PEOPLE / GROUP LIMITATIONS

3 ENVIRONMENTAL LIMITATIONS

4 METHOD / EQUIPMENT LIMITATIONS

5 OTHER LIMITATIONS

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Unresolved Questions & What Cannot Be Determined

1 UNRESOLVED QUESTION / OBSERVATION

2 WHY IT CANNOT CURRENTLY BE DETERMINED

3 WHAT INFORMATION IS MISSING?

4 WHAT COULD TEST IT NEXT TIME?

5 CURRENT STATUS

Source uncertain, insufficient information, or further testing required.



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SECTION 09

FINAL REVIEW & FOLLOW-UP

Summarise what the available records support, what remains uncertain and what could be revisited.

IN THIS SECTION

- Explained and likely explained observations
- Source uncertain / insufficient information
- Further testing and research follow-up
- Return-investigation comparison
- Lessons learned
- Master Findings Register
- Final summary and conclusions



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Explained Observations

Record observations with a clear identified explanation.

Include the supporting check or source where possible.

☐

RUNNING LOG

Observation / ref.	Explanation	Evidence / test	Notes

☐

NOTES



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Likely Explanations

Use this where one explanation fits best but cannot be demonstrated conclusively.

Avoid turning likely into certain during the final write-up.

☐

RUNNING LOG

Observation / ref.	Likely explanation	Supporting information	Remaining uncertainty

☐

NOTES



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Source Uncertain / Insufficient Information

Some observations cannot be resolved from the available information.

That is a valid conclusion and should be recorded clearly.

☐

RUNNING LOG

Observation / ref.	Why uncertain	Information missing	Next step

☐

NOTES



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Observations Worth Further Testing

Prioritise observations that can be tested rather than simply repeated.

Record what would make a return investigation more informative.

☐

RUNNING LOG

Observation / ref.	Why revisit it?	Proposed test	Required conditions

☐

NOTES



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Post-Investigation Research Follow-Up

Record historical or venue information learned after the investigation.

This helps avoid accidentally treating later information as something investigators knew beforehand.

☐

RUNNING LOG

Question / claim	Source to check	What was found?	Date / reference

☐

NOTES

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Return Investigation Comparison

1 PREVIOUS INVESTIGATION REFERENCE

2 WHAT REPEATED?

3 WHAT DID NOT REPEAT?

4 ENVIRONMENTAL / METHOD DIFFERENCES

5 DO EARLIER EXPLANATIONS STILL FIT?

6 NEW QUESTIONS

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Lessons Learned

1 WHAT WORKED WELL?

2 WHAT REDUCED THE QUALITY OF THE INVESTIGATION?

3 RECORDING / EQUIPMENT LESSONS

4 GROUP / INFORMATION-SHARING LESSONS

5 WHAT SHOULD CHANGE NEXT TIME?



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Master Findings Register

Use as an index of significant observations and their eventual review outcome.

The register can include explained, likely explained, uncertain and unresolved observations.



RUNNING LOG

Observation / ref.	Time / area	Supporting files / pages	Explanation / testing	Final status



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Master Findings Register

Use as an index of significant observations and their eventual review outcome.

The register can include explained, likely explained, uncertain and unresolved observations.



RUNNING LOG

Observation / ref.	Time / area	Supporting files / pages	Explanation / testing	Final status

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Final Investigation Summary

1 INVESTIGATION AIMS

2 MAIN OBSERVATIONS

3 EXPLANATIONS IDENTIFIED

4 UNRESOLVED OBSERVATIONS

5 LIMITATIONS

6 FOLLOW-UP

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Final Conclusions

1 WHAT CAN BE STATED WITH CONFIDENCE?

2 WHAT REMAINS UNCERTAIN?

3 WHAT SHOULD NOT BE OVERSTATED?

4 RECOMMENDATIONS FOR FUTURE INVESTIGATION

5 FINAL CONCLUSION



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SECTION 10

ADDITIONAL / REPEATABLE PAGES

Master copies of commonly duplicated sheets. Pages marked with a large asterisk can be printed or copied as many times as needed.

IN THIS SECTION

- Area Baseline master
- General Session and Detailed Observation masters
- Movement and contamination logs
- Custom experiment and control test
- Audio review and timeline masters
- Structured notes



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Area / Room Baseline

Record normal conditions in one area before an investigation session begins.

This page is repeatable. Use one copy for each room or area that needs a separate baseline.

1 AREA DETAILS

Area / room

Time

Recorded by

2 INITIAL CONDITIONS

Temperature / conditions (if measured)

EMF / electrical readings (if measured)

Radio / wireless environment

Sound environment / recurring noises

Lighting / visibility / reflections

Airflow / draughts / temperature differences

Normal movement / vibration / building behaviour



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General Investigation Session Record

Record the session as it happens. Describe observations before interpreting them.

This page is repeatable and can be duplicated for additional sessions.

1 SESSION DETAILS

Area / room	Session start	Session end	Session / group

People present / roles

2 SESSION ENTRIES

Entry ☐

Time

What was observed?

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time

What was observed?

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference

Entry ☐

Time

What was observed?

What happened immediately beforehand?

Possible ordinary explanation / contamination / relevant reference



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Detailed Observation Record

Use this page when an observation needs more detail than the general session log.

Complete individual accounts before group discussion where practical.

1 OBSERVATION DETAILS

Investigator

Area / room

Time

Exactly what did you see, hear, feel or notice?

Position / direction / what you were doing

What happened immediately beforehand?

2 INDEPENDENT SUPPORT / CONTAMINATION

Observation context

☐ Noticed live

☐ Only noticed later

☐ Independent account available

☐ Audio

☐ Video

☐ Equipment

☐ Known contamination

Possible ordinary explanation / limitations / related reference



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Spare Contamination / Interruption Log

Master repeatable copy for known contamination and interruptions.

Print or photocopy as required.

☐

RUNNING LOG

Time	Area	What happened?	People / device affected	Reference

☐

NOTES



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Spare Movement Log

Master repeatable copy for investigator or group movement.

Print or photocopy as required.

☐

RUNNING LOG

Time	Person / group	From	To	Activity / equipment

☐

NOTES



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Spare Custom Experiment Record

Master repeatable copy for any investigation method not covered elsewhere.

Record method, controls, contamination and limits before drawing conclusions.

1

QUESTION / AIM

2

SETUP / METHOD

3

CONTROLS / POSSIBLE ORDINARY INFLUENCES

4

OBSERVATIONS / RESULTS

5

CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

☐ Likely explanation

☐ Source uncertain

☐ More testing



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Spare Control & Reproduction Test

Master repeatable copy for testing a plausible ordinary explanation.

Record method, controls, contamination and limits before drawing conclusions.

1 QUESTION / AIM

2 SETUP / METHOD

3 CONTROLS / POSSIBLE ORDINARY INFLUENCES

4 OBSERVATIONS / RESULTS

5 CURRENT ASSESSMENT

Outcome

☐ Reproduced / explained

☐ Likely explanation

☐ Source uncertain

☐ More testing



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SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Spare Audio Review Log

Master repeatable copy for audio review.

Print or photocopy as required.

☐

RUNNING LOG

File	Timestamp	What is heard?	Known source / contamination	Outcome

☐

NOTES



SPI COMPLETE PARANORMAL INVESTIGATION JOURNAL

Spare Timeline Reconstruction

Master repeatable copy for chronological reconstruction.

Print or photocopy as required.

☐

RUNNING LOG

Time	Area	People / activity	Observation	Audio / video / equipment	Contamination

☐

NOTES

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Structured Notes

1

DATE / TIME / AREA / REFERENCE

2

NOTES

Use for anything that does not fit another form.

3

RELATED FILE / PAGE REFERENCES