

# Paranormal Documentation Checklist

This document is designed to help you log and document unexplained occurrences. Leave adequate space for each entry so it can be typed in or written manually if printed.

**Date of Occurrence:**

**Time of Occurrence:**

**Location of Occurrence:**

**Description of Activity:**

**Type of Occurrence:**

Examples: Unexplained noises, apparitions, moving objects, shadow figures.

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## Witnesses:

List the names of those who witnessed the activity.

## Initial Reactions or Feelings:

Describe your emotional and physical response during the event.

## Follow-Up Actions Taken:

Note any actions taken, e.g., contacting professionals or further investigation.

## Additional Notes:

Add further observations or patterns noticed over time.