

DAILY DECIBEL TRACKER

Project: _____

Location: _____

Noise measuring tools used: _____

Decibel apps: [NIOSH](#) app | [SoundPrint](#) (restaurants) | [NoiseScore](#) (urban) | [Hush City](#) (quiet spaces)

Date	Time of day	Hour	Decibels	Distance from noise source	Indoors or outdoors?	Type of noise
	Morning					
	Afternoon					
	Evening					

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For neighborhood or environmental noise, take readings at different times of the day, Note if you're indoors or outdoors when you measured the noise levels, and if your windows were open or closed.