

SOUNDPROOFIST

Noise Activist Toolkit: Urban Noise & Low-Frequency Disturbance Log v2.0

Target Property / Source Address:

Your Name / Affected Property:

Sound Level Meter Model:

Case / Reference Tracking IDs:

CHRONOLOGICAL NOISE LOG

Date & Time	dBA (Mid/High)	dBC (Bass)	Δ (dBC-dBA)	Freq (Hz)	Source Type & Description (e.g., Stadium sound system, shouting)	Structural Impact / Resonance (Rattling windows, floor vibration)	Agency ID / Action Taken

Instructions: Use dBA to measure audible speech/music spikes, and dBC for heavy bass rumble. When Δ (dBC-dBA) exceeds 15-20 dB, it indicates severe low-frequency noise pollution that breaches standard residential structural insulation.