

Suggestions for information to keep in your journal.

The purpose of a journal is:

- (a) To help you to identify when you are most affected;
- (b) What the factors contributing to your symptoms may be;
- (c) Tracking the symptoms/problems;
- (d) Monitoring when the symptoms go away;
- (e) Clarifying in your own mind what the problems really are.

A. General Information

- Make a list of the Turbines and their Project name that are in a 5 kilometers radius from your property.
- Draw a map of their approximate location.
- Mark the approximate distance from your home.

B. Your initial position as of today

- Describe the changes you have observed to date. Use the sample forms to help you.
- Indicate when you first noticed the changes.

C. A Daily Record

- Indicate date, weather, wind direction and if the Turbines were working;
- your location (i.e at home all day, working in the barn, on holiday, in town all day ...);
- Write a general assessment log/notes of changes, good and bad. (Had a good day today. No wind. No turbines. No headaches.)

D. Additional Notes with assessments/observations

- Write down what you do to try to remedy the situation: medication, move furniture around, slept in a different room, slept at a hotel;
- Record the results of your attempts to fix things.