Ear training & EQ listening log

Use brief examples at a comfortable level. This exercise does not measure hearing or calibrate a room.

Organization / team

Learner / operator

Date

Five frequency-recognition rounds

Round	Source / tone	Guess (Hz)	Revealed (Hz)	Words describing the sound
1				
2				
3				
4				
5				

EQ comparisons: change one control, then compare with bypass

Source	Center (Hz)	Gain (dB)	Q	Level comparison	Original vs. processed / improvement	Next check