



Diary of Observations (9-18 years)

Date of next hearing instrument appointment:

This diary is for you to jot down how well you think you are doing with your hearing instruments or FM system. You can write down any problems you might be having with your hearing instruments or FM system. This helps you to get the most out of your appointments and gives you a record of how well you are doing. Try to set aside a time every week e.g. just before or after you do homework to write these things down before you forget, so you can ask your hearing care professional at the next appointment.

Period from: Period to:

How many hours a day did you wear your hearing system? hrs

How many hours a day did you wear your FM system?..... hrs

How well do you think you hear soft (quiet) sounds?

How well do you think you hear medium sounds?

How well do you think you hear loud sounds?

How well do you hear low pitched sounds (e.g. the hum of the fridge, mp3 bass)?

How well do you hear high pitched sounds (e.g. mobile phone ring tones, microwave beep)?

Are you happy with the sound of your own voice?

Are you happy with the sound of other voices?.....

Are you happy with the sound of music?

What activities do you enjoy when wearing your hearing system?

Is there any type of activity you find difficult because you wear a hearing instrument or FM system?.....

Have you had any colds/ear infections/illnesses?

Other relevant appointments during this period:

Comments/questions for next appointment: