



EMF Measurement Log

Track readings before and after implementing changes

Date: _____ Meter Used: _____



Need an EMF Meter? We Recommend the TriField TF2

Measures all three field types on this log (RF, magnetic, electric). 3-axis sensor, fast response, made in USA with free expert support.

[Get the TF2](#)

Building Biology Safe Levels (Sleeping Areas)

RF Radiation (Radio Frequency) - measured in $\mu\text{W}/\text{m}^2$ (microwatts per square meter)

No Concern

< 0.1 $\mu\text{W}/\text{m}^2$

Slight Concern

0.1 - 10 $\mu\text{W}/\text{m}^2$

Severe Concern

10 - 1000 $\mu\text{W}/\text{m}^2$

Extreme Concern

> 1000 $\mu\text{W}/\text{m}^2$

Magnetic Fields - measured in mG (milligauss)

No Concern

< 0.2 mG

Slight Concern

0.2 - 1 mG

Severe Concern

1 - 5 mG

Extreme Concern

> 5 mG

Electric Fields - measured in V/m (volts per meter)

No Concern

< 1 V/m

Slight Concern

1 - 10 V/m

Severe Concern

10 - 100 V/m

Extreme Concern

> 100 V/m

RF Radiation Measurements ($\mu\text{W}/\text{m}^2$)

Location	Before	After	Change	Notes
Bedroom - pillow level				
Bedroom - center				
Home office - desk				
Living room - couch				
Near WiFi router				

Magnetic Field Measurements (mG)

Location	Before	After	Change	Notes
Bedroom - bed head				
Near electrical panel				
Near refrigerator				
Home office - computer				

Measurement Tips: Take readings at head/body level, not floor level. Measure at different times of day (neighbor WiFi usage varies). Turn off your own WiFi to measure external sources.

Changes Made / Action Items

Get the Meter That Matches This Log

The TriField TF2 measures RF radiation, magnetic fields, and electric fields in one device. See our full review with setup instructions.

[Full Review & Best Price](#)



Get the complete 100 EMF Tips guide at frequencyblockers.com/guide

© 2026 Frequency Blockers | frequencyblockers.com