FREE EXCERPT — FOR MOLDSGYM.COM READERS

Photograph and film it — the field method

This free excerpt is the evidence protocol page and one evidence-log page from the Tenant Mold Documentation & Complaint Kit — a 60-page documentation system for renters, built from the documentation system at Mold's Gym: dated evidence logs, a room-by-room condition log, a landlord communication log with a written-notice template, an agency complaint tracker, a timeline builder, and the public-record method.

Print the log page as many times as you need. Number your items E-001, E-002 … and keep the unedited originals — the original is the exhibit.

File your report at moldsgym.com/report — it joins the counted record.
The full kit (English + Spanish editions, with spreadsheet tracker) is at moldsgym.com and on Gumroad.

This kit is a documentation and organization tool. It is not legal advice and not medical advice.

Photograph and film it — the field method

Documentation is the whole method. A calm, dated record carries weight that memory and adjectives cannot. Keep it lawful, and keep it simple:

- Date it out loud. Start every video by saying the date, the time, your address, and the room. A record that announces its own when and where cannot be waved off as old, or as somewhere else.
- Wide first, then close. Open on the whole room so the layout is clear, then move in close on what you observed. Let the camera rest two full seconds on each spot.
- A scale reference in frame. Put a coin, a key, or a ruler beside what you are filming — beside it, never touching it. “About the size of a dinner plate” is a measurement; “a lot” is an argument.
- Same angle, every visit. Pick your angles on the first visit and repeat them exactly. A dated series from the same angle shows change over time — and shows when nothing changed.
- Keep the originals. Never edit, filter, crop, or re-save the master file. Work on copies. The untouched original, with its time and place data inside the file, is the exhibit.
- Photograph the paper too. Notices from your landlord, letters, emails, work orders, posted signs — the paper from their side is half the file. Log every item in the evidence log (pages 7–10).
- Stay lawful. Photograph your own home, and areas you are entitled to be in. Do not scrape, wipe, sample, move, or open anything. Photograph it, log it, leave it.
- Afterwards. If you have been close to heavy growth, wash your hands when you are done.

Evidence log

One line per photo, video, or document. Number items in order — E-001, E-002, and so on — and use the same numbers everywhere else in this kit: the timeline, the tracker, the packet checklist. Photograph your landlord's paper too; paper is evidence.

Evidence #	Date	Time	Room	What it shows	File name / where kept	Original? Y/N