

Step 1: Gather materials.

1. Lid at least 50mm diameter
2. Microphone/headphones with built-in microphone
3. Tape (electrical is preferred)
4. Knife or Scissors
5. Permanent Marker
6. Plastic bag



Step 2: Cut hole into lid.

- Ensure hole is cut large enough to fit the microphone through it.



Step 3: Thread microphone through lid and secure.

- Tape down microphone to the lid but do not cover the microphone port.
- Cover the hole completely so that once the membrane is attached, it is airtight.



Step 4: Trace a circle and cut out.



Step 5: Tape the plastic circle to the front of the lid and secure.

- Ensure the membrane is fully attached and airtight.



Step 6: Clean up and record locally or on heart.ai!

