# Observation Field Note Sheet

Use this sheet to record contextual observations during field research. Capture user behaviors, environmental cues, and contextual details without interpretation or judgment. These notes support the Empathize phase in Design Thinking by providing rich, unbiased data.

## Observation Details

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Observer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time/Duration: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Activity Observed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Environment Description

Describe the setting, lighting, layout, tools, people present, and other environmental factors.

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## User Behavior

What did the user do? Describe physical actions, movement, gestures, and interactions.  
  
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## User Comments (if any)

Document any spontaneous remarks or verbal expressions made by the user.  
  
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## Nonverbal Cues / Emotions

Note observed emotions, facial expressions, hesitations, or signs of confusion/frustration.  
  
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## Design Opportunities / Insights (Optional)

Any early insights, design implications, or areas for further questioning (use with caution).  
  
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