



# Olfactory Training

**Olfactory training** is a method to **improve** or **restore smell** by repeatedly sniffing specific scents, like **rose, lemon, eucalyptus, and clove**, typically in the form of essential oils. This process stimulates the **olfactory system** and helps the brain relearn how to recognize odors. Track your journey with this sheet by logging your start date, the scents you're working with, changes in your sense of smell, and any observations along the way.

**Date Started** \_\_\_\_\_

**Date Ended** \_\_\_\_\_

Rate your sense of smell **before starting** SRT.

Rate your sense of smell **after completing** SRT.

POOR EXCELLENT

POOR EXCELLENT

## Weekly Tracking Table

Select your preferred essential oil **scents**, whether from a kit or your own collection, and input them under the first column below. Aim to smell each scent **twice daily, every day**, for a **12-week period**.

Reading the **Olfactory Training Guide** below is **essential**. This includes useful information on how training sessions are **properly** and **safely** conducted.

At the end of each week, **assess each scent's strength** by rating it from **1 to 10**, with **1 for no smell**, and **10 for very strong smell**.

- *Olfactory Training Guide* | [bit.ly/ENTFam-OT](https://bit.ly/ENTFam-OT)
- *Olfactory Training Kits*
  - *Sensamatrix Kit* | [a.co/d/a2uQccm](https://a.co/d/a2uQccm)
  - *MOXĒ Kit*: | [a.co/d/3HEdyQT](https://a.co/d/3HEdyQT)

Scent	W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12

## Notes

Use the following section to log **observations, changes, or challenges** throughout the training.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____