

Lab Notebook

Your lab notebook is a detailed account of every phase of your project, from the initial brainstorming to the final research report. **The judges will look at your lab notebook.** Here are a few, easy pointers taken from Science Buddies: Rebeck, Ph.D., Joanne. (2005, February 24). *What Makes a Great Science Project Logbook?*:

1. **Find a durable hardbound notebook or black and white composition book.** Typically a lined journal works well.
2. **Label your lab notebook** with your name, phone number, email address, and teacher's name in a prominent location. Make lab notebook entries in pen not in pencil. This is a permanent record of all of activities associated with your project.
3. **Number the pages in your lab notebook before using it,** unless it is already numbered for you.
4. **Always date every entry,** just like a journal. Entries should be brief and concise. Full sentences are not required.
5. **Don't worry about neatness.** It is a personal record of your work. Do not re-do your lab notebook because it looks sloppy.
6. **You should work on your lab notebook consistently**—it should be used during all phases of your project. For instance, in your journal you can write down ideas or thoughts for a project, phone numbers, contacts, sources and prices of supplies, book references, diagrams, graphs, figures, charts, sketches, or calculations.
7. **Use the notebook regularly and write down everything** (even if it seems insignificant)!
8. **Glue, staple, or tape any loose important papers** or items into your lab notebook. Loose papers or other unsecured items are prohibited, as they tend to fall out and can end up missing.