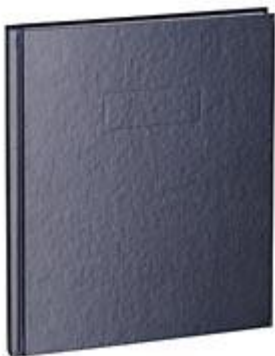


Lab Journal

Your lab journal is an important part of the competition, worth 10% of your total score. Below are some important tips to remember as you do your experiments. There have been many situations where the final outcome comes down to the lab journal score.

We suggest using **Blueline A9** notebooks.



Guidelines:

1. Record all experimental data, conceptions, drawings, calculations and other observations on a daily basis.
2. Number every page of your lab book consecutively in the upper right hand corner of each page; do not leave out any pages.
3. Date every page of your book as you use it and every entry if it doesn't start on a new page.
4. Writing must be done in ink. Pencil should not be used for anything.
5. If you make a mistake, cross it out with a single stroke and initial it. Do not use white-out or liquid paper.
6. Never tear or cut pages from your lab notebook.
7. Do not leave empty pages between experiments.
8. Start a new page for each different experiment or project.
9. Glue a copy of the experimental procedure or protocol in the notebook the first time you use that procedure so you can refer to it later.
10. Glue diagrams and photos in the appropriate place and sign or initial the corner of the photo or diagram.
11. List all materials and apparatus required.
12. Say exactly what was done, why, when and by whom.
13. Notes should be clear enough to enable someone else to do the same thing at the same future date.
14. Indicate results clearly, adding comments when necessary.
15. Define all abbreviations and acronyms when first used.
16. Number figures and tables separately and refer to them in the text by their number, i.e. "Figure 1 shows that the activity..." or "The activity decreases after five minutes (fig.1)."
17. Make sure your mentor signs your lab book for completion.

If you have any questions on your lab journal, check with your mentor or Regional Coordinator. They will be able to help you document your experiment properly and answer your questions.