

Log Book

February 3 – Conducted an initial brainstorming session to determine a suitable research topic. After discussing several possibilities, we chose to investigate sleep due to our shared personal experiences with ongoing sleep difficulties. We believed this topic was both personally meaningful and scientifically relevant.

February 7 – Finalized the official project title and completed the foundational project overview. Developed a clear and testable hypothesis based on preliminary background research. Wrote a concise project description outlining the purpose, objectives, and expected outcomes of the study.

February 16 – Completed the formal problem statement, clearly defining the research question and identifying the key variables involved. Designed and documented the methodology, ensuring that the procedure was structured, controlled, and replicable. Began organizing and properly formatting all referenced sources.

February 20 – Conducted extensive research using credible academic and scientific sources. Analyzed existing studies and background information to strengthen our understanding of sleep science and to support our hypothesis. Finalized and accurately cited all references required for the project.

February 25 – Collected and organized all experimental data. Performed data analysis, identified patterns and trends, and evaluated results in relation to our hypothesis. Used this analysis to develop a clear and evidence-based final conclusion.

February 28 – Began designing and structuring the project presentation. Organized key sections to ensure logical flow, clarity, and strong visual communication of our research findings.

March 1 – Completed the presentation slides, including graphs, data visuals, methodology summaries, conclusions, and supporting research. Reviewed the presentation for clarity, accuracy, and professionalism.

March 2 – Wrote and finalized the acknowledgments section, recognizing individuals and resources that supported our project.

March 3 – Uploaded all required project materials, documentation, and presentation components to the CYSF website in accordance with submission guidelines.

