

My Science Fair Logbook

Day 1

I started off fresh well knowing what I was going to research all about, The vertebrae. That day I went into my room scavenging videos that could help with what I was researching. I learned all about the 5 sections and what category they went into. I also started my first section of my trifold (digital form not printed yet). I wrote about the first section of the vertebrae which is called the Cervical. I also watched a small video about how to properly write and talk in a presentation so it could help me with my project. (Credits to the video below) I was going to start my second section until my time was up and I needed to go to sleep for the next day.

<https://www.youtube.com/watch?v=XA1o5rvy8r4>

12/15/2023

Day 2

On day 2. I came back from school and instantly started off on my project. I decided it was best to learn more information about the vertebrae so I can write the next section better and will have more information so I can even better present my trifold to the judges. I also felt really excited about working on this project because I felt that I had a really good chance at winning or atleast having a good grade on my science fair project. After I took my notes and had a good planning about the second section of the vertebrae. I decided it was enough and that I had made enough good progress.

12/16/2023

Day 3

On day three. It was finally a weekend meaning I had a lot more time to work on my second section which is called the thoracic. Pronunciation (Thur-AH-sick). The thoracic was the LONGEST part of your vertebrae considering it was holding your lungs and is located right above your belly button and right under your shoulder blades (elevation). So I decided to write all about that valuable information down. I also made sure I didn't include any unnecessary information that was not needed in the section.

12/17/2023

Days 4/5/6

On days 4,5, and 6, I decided to take a long shot and finish all of the remaining vertebrae sections. The Lumbar, Sacral, And the Coccyx. I also started to think of my trifold more often until. **PROBLEM!** We don't even have a plan to get a trifold nor do we even have one! I knew this would be a major problem later on so I needed to tell my family about this so we could schedule when a proper time to buy one would be. In other words, We simply just improvised for the future.

12/18-19-20/2023

Day 7

Once all of the sections were done. I decided it was time to move further on into the last 2 complex categories. The first one was the spinal cord which flows through the vertebral column. And the second one is the intervertebral disc which acts as a cushioning for the vertebrae pieces. These parts took me a very long time to research until I could fully understand it well.

12/21/2023

Day 8 and 9

I spent day 8 and 9 mostly taking notes before I took any immediate action in writing a full on description about the spinal cord and intervertebral disc. I also noticed that my chromebook was getting slower and slower because of the amount of folders I had stored in my chromebook. So I decided to delete some of my folders to clear up space for my science project. I finished some key factors of the vertebrae like what helps us move our neck etc. **PROGRESS!** Me and my family were going to buy the tri fold this week if they can!

12/28-29/2023

Day 10 - 14

From day 10 to 14. I finally completed everything and got it printed. My dad also went to buy the tri fold from the dollar store. After my dad brought the tri fold. He said he needed to go out again to do some work on the car so I was left alone to do the tri fold (I mean it is my tri fold and responsibility) So I got to work. Placing them in the most appropriate way possible. After I was done. I made some highlights and mainly focused on those parts as well as focusing on how to presentate.

01/1-4/2024