**Josephs Logbook**

* **November 29, 2024** – Borrowed "Science of Swimming Faster" from the Mount Royal University Library.
* **December 1-13, 2024** – Read the book, brainstormed ideas, designed a draft plan, and created an initial version of the trifold.
* **December 14-15, 2024** – Participated in my first swimming competition and collected my first set of data.
* **December 16 - February 23, 2025** – Designed and implemented my training, nutrition, and recovery plan.
* **January 7, 2025** – Borrowed "Swimming Anatomy" and refined my training plan based on its insights.
* **January 19, 2025** – Began working on the trifold.
* **January 24-26, 2025** – Competed at the provincial competition in Edmonton and collected my second set of data.
* **January 27 - February 6, 2025** – Continued working on my trifold and incorporated the mental aspect of my project.
* **February 7-9, 2025** – Competed at a club invitational and gathered my third set of data.
* **February 22-23, 2025** – Competed in my club competition and collected my final data.
* **February 24-28, 2025** – Summarized my results, organized them in my trifold, and refined its presentation.
* **March 2, 2025** – Completed my trifold.