

📅 DATE	Tt ACTION	Tt TASKS ASSIGNED	Tt OTHER NOTES
9/19/2025	Researched potential projects, narrowed options down to 5.		Focus mostly on teen cognition, attention, and health
9/26/2025	Narrowed potential projects down to nitrate sources and antibacterial mouthwash idea		Identified possible questions, hypotheses, and experimental design details
10/11/2025	Began developing first draft for research proposal		
10/13/2025	Completed research proposal first draft		
10/20/2025	Received feedback from mentor, implemented feedback and recreated presentation with several changes	Add images to presentation, fix formatting, add stats	
10/28/2025	Developed plan for what I will be working on for next 4 weeks, began contemplating details for how I will do the experiments		
11/20/2025	Met with mentor to discuss ethics, participation forms, tips on recruiting participants	Design participation form, start recruiting participants, start writing paper	
11/25/2025	Created a weekly schedule from Nov. 20 - Apr. 9		
12/3/2025	Designed Google Form for participants (info, consent)		
12/3/2025	Starting writing paper for project (completed purpose, questions, hypothesis and variables, methods and materials, procedure)		
12/7/2025	Started recruiting participants		
12/9/2025	First session on Participant 1, spinach smoothie with water rinse. Collected all data		
12/10/2025	Two sessions on Participant 2 and 3 with varying variables.		
12/11/2025	Completed second session of Participant 1		
12/12/2025	Completed second session of Participant 2 and first session of Participant 4. Met with mentor	Finish background research, import data into excel	
12/15/2025	Completed second session of Participant 4		
12/16/2025	Completed first session of Participant 5		
12/18/2025	Completed third session of Participant 1 and third session of Participant 4		
12/19/2025	Completed fourth session of Participant 1 and fourth session of Participant 4		
1/5/2026	Completed second session of Participant 3		
1/6/2026	Completed second session of Participant 5		
1/7/2026	Completed third session of Participant 2 and third session of Participant 3		

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1/8/2026	Completed third session of Participant 5 (Manan) and fourth session of Participant 3 (Taha)		
1/9/2026	Completed fourth session of Participant 2		
1/12/2026	Completed fourth session of Participant 5 and first session of Participant 6		
1/14/2026	Completed second session of Participant 6 (Deven)and first session of Participant 7		
1/15/2026	Completed second session of Participant 7 and third session of Participant 6		
1/15/2026	Met with mentor, gave feedback on presentation and work to do on paper. Research what bacteria are involved in oral cavity.	Research individual nitrate-reducing bacteria, explain what a PVT test is, explain placebo smoothie	
1/16/2026	Completed first session of Participant 8 (William)		
1/16/2026	Implemented feedback on presentation. Explained what a PVT test is, what the placebo is, and which nitrate-reducing bacteria are involved in the oral cavity.		
1/19/2026	Completed fourth session of Participant 6 and third session of Participant 7		
1/20/2026	Completed fourth session of Participant 7		
1/21/2026	Completed first session of Participant 9 (Zavier)		
1/22/2026	Met with mentor, got more feedback on presentation, gave deadline for paper (Feb. 9th) and end of sessions. Gave feedback on paper - how to write procedure properly, other formatting	Finish paper first draft by Feb. 9th, update logbook. Add more illustrations to presentation. Add picture of bacteria. Organize graphs and tables by paper deadline.	
1/22/2026	Completed first session of Participant 10		
1/23/2026	Completed second session of Participant 8		
1/28/2026	Completed second session of Participant 9		
1/29/2026	Completed third session of Participant 9 and third session of Participant 8		
1/30/2026	Completed second session of Participant 10		
2/2/2026	Completed third session of Participant 10		
2/3/2026	Completed fourth session of Participant 10 and fourth session of Participant 8		

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2/4/2026	Completed fourth session of Participant 8. Completed data collection.		
2/5/2026	Met with mentor. Given feedback on paper, was given new tasks and deadlines.	Study introduction to statistics in AP Biology, create graphs and tables	
2/9/2026	Worked on paper. Completed some sources of error, some results and analysis, and application.		
2/10/2026	Worked on paper. Finished application, did most of sources of error and results and analysis.	Complete rest of paper that deals with statistics	
2/18/2026	Given feedback by mentor on paper.	Adjust paper based on feedback given by mentor	
2/22/2026	Implemented feedback from mentor on paper.		
2/23/2026	Given more feedback on paper.	Implement feedback on paper. Include standard deviation and standard error on paper.	
2/25/2026	Added standard deviation and standard error calculations on to paper.		
2/26/2026	Given more tasks by mentor, including new graphs and changed graphs, analyze statistical significance between conditions.	Finish paper and video. In the paper, include new graphs and changed graphs that include analysis of statistical significance	
3/2/2026	Finished paper with stats made from Excel with proper statistical significance shown, proper standard error bars shown. Submitted paper to CYSF. Made script for video presentation.		
3/3/2026	Recorded video presentation and posted on YouTube and submitted to CYSF. Completed the CYSF Platform.		