FolarraStudio

Lab Notebook

hypothesize · test · record

PRINTABLE · EXPERIMENTS, DATA & RESULTS

This Notebook Belongs To

for scientists, researchers and students

NAME _____

WORKPLACE _____

ROLE _____

PHONE / EMAIL _____

YEAR _____

How to use this notebook

- Print the whole planner once, then print extra copies of the pages you use most, such as the Contents index and Experiment entry pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Number every page, write one experiment per entry and sign and date your work.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My work word for this year

Why I love science

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Notebook Index

find experiments fast

PAGE	DATE	EXPERIMENT

Experiment Entry

one experiment per page

EXPERIMENT _____ DATE _____

PROJECT _____ PAGE NO. _____

Aim / hypothesis

Materials

- [ ]
- [ ]
- [ ]
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- [ ]

Method

Signed & witnessed

Data Table

record observations

EXPERIMENT _____ DATE _____

SAMPLE	TRIAL 1	TRIAL 2	TRIAL 3	MEAN	NOTES

Graph & Sketch Page

plot results

NAME _____ DATE _____

Graph

Results & Conclusion

what you found

EXPERIMENT _____ DATE _____

Results

Analysis

Conclusion

Next steps

- [ ]
- [ ]
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Reagent & Sample Log

what is in stock

ITEM	LOT NO.	OPENED	EXPIRES	LOCATION

Equipment Use Log

booked and checked

DATE	EQUIPMENT	USER	TIME	ISSUES

Notes



FolarraStudio

Thank you!

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