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

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

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!

Thank you for choosing FolarraStudio. I hope this notebook makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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