

Science Lab Notebook

Name: _____



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A lab notebook is a very important part of any research project or science experiment, but why? Well, whether you're a professional scientist or a student studying science, a lab notebook is necessary to document your experiments! Your lab notebook provides a way for you to organize supplies, track the steps you took, list an adjustments you've made, and document your results as you go! When you're finished you'll have a document that you can look back on when you repeat the experiment!

The correct way to write in a lab notebook is with pen because it's easier to read, doesn't smear easily, and it provides a permanent record. Don't worry if you make a mistake, just cross it out. Lab notebooks are considered legal documents and sometimes scientists have to provide them in court or in front of research boards, writing in pen is required so all changes can be tracked. While you likely won't have to go to that extent with your research, it's good practice to start now. We've allowed for plenty of room in this notebook for writing.

We've included a page on the inside of the notebook to record your information. In professional lab notebooks you'll usually find the scientist's information written in several places throughout the book, this is so the book can be returned if it's ever lost or forgotten. We haven't gone to this length here but if you like you can print out the contact information several times and add a sheet randomly into your notebook.

You'll notice that we have provided a blank table of contents, organized by lab number instead of page. When you fill out a lab report number it in the top corner, then go back to the table of contents, write in the name of the experiment and fill in the lab report number. In case you're wondering, we didn't fill in the lab report numbers for you so you can make unlimited copies of these pages without having to worry about changing the numbers!

There are a lot of ways to record your lab findings. We have provided area to write, sketch, and compare results so use whatever works for your experiment! The professionals are used to drawing a large X through the boxes they don't use, feel free to do the same.

Name: _____

School: _____

Year: _____

Grade: _____

Phone number: _____



Experiment # _____

Date: _____

Title: _____

Materials & Sources:

Hypothesis:

Procedure:

Notes:

Draw your observations:

A large, empty rectangular box with a thin black border, intended for drawing observations. The box is centered on the page and occupies most of the vertical space below the instruction.

Experiment # _____

Date: _____

Title: _____

Materials & Sources:

Hypothesis:

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Draw your observations:

A large, empty rectangular box with a thin black border, intended for drawing observations. The box is oriented vertically and occupies most of the page's width and height.

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