

# The importance of keeping a lab notebook

## What should be in your lab notebook:

- Methods & materials used
- Formula/calculations used
- Experiment results
- Data analysis
- Raw data
- Your ideas



## Why is a lab notebook important:

1. Proof of your work
2. Reference for yourself

## Details are important too:

- Always **write the date** on every new page or new experiment you start for easy reference in the future
- Your lab notebook **shouldn't be perfect**. Do not erase any failed experiments as this can be a reference as to not repeat the same mistake again