Research Diary Template

Daily notes with a weekly reset

Your Name
Project or laboratory

Week of 6–12 April 20XX

Week at a glance

Day	Main question or deliverable	Status
Monday	Establish baseline and check inputs	done
Tuesday	Run controlled comparison	planned
Wednesday	Review evidence and update model	planned
Thursday	Repeat the most informative condition	planned
Friday	Write a short handoff	planned

Daily entries

Monday 6 April

Purpose. What must be true before the first run can be trusted?

- Setup: reference sample, firmware 2.4, ambient temperature recorded.
- Observation: three reference readings were 12.4, 12.5 and 12.4 units.
- Decision: proceed with the comparison; keep the reference trace attached.

Data or file created:

Tuesday 7 April

Purpose. Which parameter changes the response without changing sample preparation?

Condition	Mean	Spread	Interpretation
A	12.8	0.3	stable, modest improvement
B	13.6	0.8	larger response, less repeatable

Unexpected result or follow-up:

Wednesday 8 April

Purpose. What evidence is strong enough to change the working hypothesis?

The apparent improvement in condition B tracks a larger variance. Repeat B with an independent sample before treating the effect as a useful change.

Next action, owner and date:

Weekly retrospective

Prompt	Notes
What moved forward?	The baseline and first comparison are reproducible.
What remains uncertain?	Whether the larger response survives a new sample.
What will I change next week?	Add a blinded replicate and pre-register the comparison.