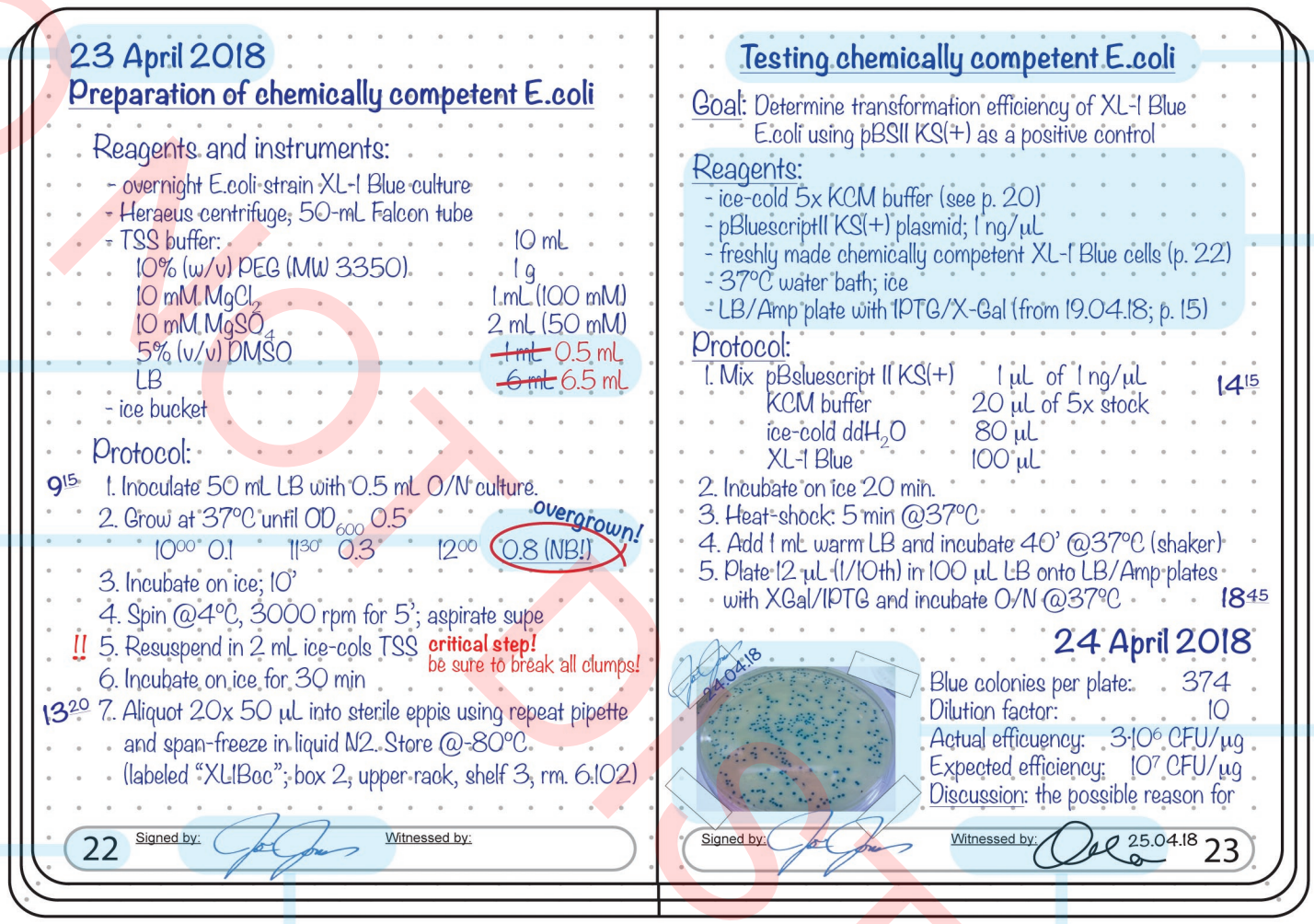
Keeping a lab notebook

Laboratory notebook is a legal permanent chronological record of the daily activities used to establish and support **originality**, **authenticity**, **reproducibility** and **traceability** of the research process.

The amount of information recorded in a lab notebook should enable a professional to exactly reproduce the experimental results or trace source of errors.



1. **Date and time all entries**
2. **Outline the goal or the anticipated results**
3. **Identify and describe the reagents**
4. **Identify and describe the instruments' settings**
5. **Describe the experimental procedures**
6. **Note the observations and results**
7. **Include periodic factual summaries of the results**
8. **Make note of new ideas and hypotheses**