**SC225 Project Log Template**

Take time to reflect on your progress daily when possible, but at least once a week.

Submitted by: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Reflection Dates  (at least 2 days per week; Units 4–7 = 4 total weeks; at least 8 total days of observations) | Lifestyle change(s) made | How many days of the week, or hours in the day, have you needed to address this project so far? | Did you need to invest any money into this project? If so, how much was it, and was it more or less than you expected? | Were there any surprises as you executed the first week of this project? Was it easier or more difficult than you expected? | Other observations |
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