Logbook:

1/23/25 4:45 pm to 5:24 pm - Today I started generating a plan for my science fair project. I'm thinking of doing something like changing up amounts of a few ingredients in muffins.

The original ingredients with the amounts are:
- ¾ cup of Whole Wheat Pastry Flour
- ¾ cup Bob's Red Mill® Oat Bran Cereal
- ½ cup Brown Sugar
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- ½ tsp Baking Soda
- ⅓ cup mashed banana
- ½ cup Plain Yogurt
- 1 Egg
- 2 tbsp Oil

I also started working on my slideshow, and filling out the questions.

I started looking at the safety guidelines for

my project.

1,30,2025   I worked on the safety form and set up my table to organize the muffin data.

We also got good sample ingredients to change in our recipe.
I also set up my predictions page.

2/6/2025   I finished my testable question page and started filling out my predictions page. I had just finished my predictions page. I also finished my constant conditions.

2/13/2025   I started filling out my table for all the data. I also converted all the measurements into centimeters.

2/16/25   I baked the second batch of the muffins

I also rearranged my table for the data

2/20/25   I filled out the table for the flour. I also converted the measurements.

2/22/25   We baked the final batch of th muffins. We also took pictures of them and measured the muffins.

3/3/2025   I finished off the final pieces of my project such as the images and the Conclusion and Reflection page.

Bibliography: (3)

[The Difference Between Baking Soda and Baking Powder | NC State News](#)

[Basic Muffin Recipe - Baked By An Introvert](#)

[Basic Calculator](#)

[What's the Difference Between Baking Soda and Baking Powder?](#)

[Brown Sugar Muffins - In Fine Taste](#)

[NF94-186 Functions of Baking Ingredients](#)

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2025 Safety Form

☐ I have written a research plan that includes the following:
- The question or problem being addressed and the expected outcome
- Describes in detail the method and procedures including all safety precautions includes all procedures to be used for data collection and/or building your prototype, if an engineering project
- Identifies any potential risks and safety precautions to complete the project safely
- Who will be supervising your project? For approval, an adult over 18 must be present and supervising during experimentation or prototype development and building.

☐ I have reviewed this research plan with my:
- Teacher
- Parent/Guardian
- Any other 18+ Adult who will be supervising the project (if not listed above)

☐ I have reviewed the rules for The Academy of Science – St. Louis Science Fair and verified with my teacher that my project adheres to the rules.

☐ I have reviewed the additional rules that apply if my project involves any of the following:
- Mold
- Bacteria
- Humans

I acknowledge that all of the above safety precautions will be followed and that this project will be completed in a safe manner. I also acknowledge that no humans or animals (vertebrates or invertebrates) will be harmed in any way.

Print or Type Student Name	Student Signature	Date
Ayston Akers	Ayston	2/6/25
Print or Type Parent/Guardian Name	Parent/Guardian Signature	Date
Evan Awaswashi	Evan	2/6/25
Print or Type Teacher Name	Teacher Signature*	Date
Brendan Kearney	Brendan Kearney	1-16-2025

*You may include a project approval email from your teacher in lieu of a teacher signature.

Questions? Contact your science teacher, or the Academy Fair Director at sciencefair@academyofsciencestl.org

Revised for 2025 Fair

Visit sciencefairstl.org for more information.