

Example

Introduction to Sports Medicine
Semester Leadership Project
Semester 2



Hour Log

Entries must be handwritten in pen. Round start/end times to the nearest quarter of an hour. Initials should be that of an adult family member (21+) who witnessed you working on your project. Initials should be attained the same day work was witnessed/completed. DO NOT white out or scribble out mistakes. Rather, draw a line through the error and have the witnessing adult initial the correction. Only a parent/guardian may sign off on the total project time once completed.

Date	Description of Work Accomplished	Start	End	Total	Initials
10/22/22	Read 5 pages of a JAT article	2:15	3:00	.75	BTR
02/01/23	ATR Hours Note + Arrange Pictures w/ Captions	6:00	6:30	0.50	SAV
02/05/23	ATR Hours Summary & Edit Captions	2:15	2:45	0.50	SAV
02/11/23	Read first 1/3 of concussion JAT Article	10:15	10:30	0.25	SAV
02/12/23	Read second 1/3 of concussion JAT Article	3:45	4:00	0.25	SAV
02/15/23	Read last 1/3 of concussion JAT Article	3:30	3:45	0.25	SAV
02/17/23	Take Concussion JAT Notes + Start Worksheet	9:15	9:30	0.25	SAV
02/18/23	Finish Concussion JAT Article Worksheet	7:00	7:30	0.50	SAV
03/11/23	Find Heart model materials + make plan	10:30	10:45	0.25	SAV
03/15/23	Read first 1/2 of EAP JAT Article	5:45	6:15	0.50	SAV
03/18/23	Build Heart model from scratch	2:30	5:00	2.50	SAV
03/19/23	Read second 1/2 of EAP JAT Article	8:00	8:30	0.50	SAV
03/24/23	Paint Heart model	4:00	4:30	0.50	SAV
03/30/23	Put mod-podge on Heart model	10:00	10:15	0.25	SAV
04/04/23	Complete Notes of EAP JAT Article	9:45	10:00	0.25	SAV
04/15/23	Complete JAT EAP Worksheet	12:00	12:30	0.50	SAV
05/03/23	Read 2/3 of NMT JAT Article	1:30	2:15	0.75	SAV
05/06/23	Find materials for Brain model & Research	10:45	11:00	0.25	SAV
05/06/23	Start Brain model & Finish it	2:15	4:30	2.25	SAV
05/14/23	Paint first coat of cerebrum	10:15	10:50	0.25	SAV
05/14/23	Paint entire brain model	5:15	5:45	0.50	SAV
05/22/23	Finish Reading NMT JAT Article	7:45	8:00	0.25	SAV
05/26/23	mod-podge Brain model	4:00	4:15	0.25	SAV
05/29/23	Finish NMT JAT Article Notes + Worksheet	2:45	3:15	0.50	SAV
06/07/23	Watch Plastic surgery Webinar + Take Notes	6:00	7:45	1.75	SAV
06/08/23	Complete Webinar Summary	7:15	8:15	1.00	SAV