Mission Logbook: Journey to the Stars!

Country:

School:

Experiment Location: _____

Experiment Start Date-End Date: _____

What was your crew role today?

❒ Analog Astronaut (AA)
❒ Commander (CDR)
❒ Flight Director (Flight)
❒ Remote Science Support (RSS)
❒ Flight Plan (FP)
❒ Ground Support (GS)
❒ Safety
❒ GOST
❒ Other

Note: If you're the experimenter, your role is AA. If in a crew, list your specific role.

Welcome to Mars and good luck on your mission! A crucial part of all space missions is the analytical documentation of all procedures. Fill out this logbook for every day of all experimental procedures implemented during the mission. The logbook is anonymous, and the information will be used to disseminate and evaluate the EXPLORE mission.

Ready for launch?

Get ready to embark on a journey of discovery and adventure!

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Mission Overview

🚀 Objectives: What do you hope to achieve during your mission?

🎨 Mission Patch: Does your school have a mission patch? If so, you can upload it here.

Or design your mission patch below. Draw your patch here:

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Daily Schedule

Please describe in detail how your time was distributed today from the moment you woke up. Include all tasks like experiments, exercise, meals, free time etc. and describe shortly what happened during every time slot.

Time slot	Description of what happened

Daily Logs

🌍 Location Explored: Where did you go today?

🛠️ Tasks Accomplished: What did you work on today?

🔭 Interesting Discoveries: Sketch or write about what you found.

🤔 Challenges Faced: What problems did you encounter, and how did you solve them?

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🌟 Mood Tracker: Rate your day using stars or emojis!

Astronaut Life

🍴 Food Diary:

- What did you eat today?

- Would you eat anything different if you were not on a Mars mission?

- Why do astronauts have to compromise on what they eat?

💪 Exercise Log: What exercises did you do, and for how long?

- Did you exercise today?

- How many minutes did you exercise today?

- What kind of exercises did you do?

- Why is it important for astronauts to exercise and what difficulties do they face to do that?

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🕒 Time Management: Use the table below to document your schedule.

Time Slot	Activity (experiment) Description

Team Collaboration

🤝 Team Tasks: What tasks did you complete together as a crew?

- Did you implement any tasks today that required you to collaborate with the crew?

- What kind of tasks did you implement together?

🗣️ Challenges in Communication:

- Did you face any issues difficulties in communicating with the other astronauts? How did you resolve them?

- Why is collaboration important in space missions?

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Habitat Monitoring *(habitat: the environment experiment takes place)*

- Are there any damages to the habitat?

- Where there any malfunctions today?

- How much water do you have left?

- How much food do you have left?

- What is the oxygen level inside the habitat?

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Health Corner

	1 (Not at all)	2 (Not really)	3 (Neutral)	4 (Somewhat)	5 (Very much)
Did you enjoy the mission today?					
Did you feel anxiety today?					
Do you think you performed well today?					
Did you feel tired today?					
Did you feel isolated from the rest of the world today?					

Upload here the data from your fitness trackers (if applicable).

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Science Corner

How many experiments did you conduct today?

(The following questions will be repeated as many times as the number of experiments conducted)

- ❒ 1
- ❒ 2
- ❒ 3
- ❒ 4

Scientific Experiments

Use this template to document your experiments:

🔬 Experiment Name: _____

🎯 Goal: What do you aim to achieve?

📋 Procedure: Step-by-step process.

- How did you conduct the experiment?

- What kind of equipment did you use?

- How did you collect the data? Did you repeat the experiment?

- Report here the data/measurements that you collected (each experiment has own data tables provided with Procedures, please fill that document in)

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📊 Data: Use the table or add charts and graphs. Upload all into drive folder and share with your teacher and Project Coordinator

📝 Conclusions:

- What did you learn?

- Why is this experiment important for the Mars Exploration?

NOTE: Repeat Science Corner section for each experiment you implemented

General comments

Write here any other comments or events you would like to report for this experiment day.

Add images from your mission today.

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Creative Corner

🎨 Design a futuristic space vehicle or draw your dream planet! Draw your vehicle/planet here:

📝 Write a story about your day as an astronaut.

Did you have any free time today? If so, how did you spend your free time?

Final Reflection

🌟 What did you learn about space exploration, teamwork, and problem-solving?

🚀 What would you do differently in your next mission?

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Why Do We Need a Logbook?

A logbook is a critical tool for astronauts, scientists, and students for the following reasons:

1. **Documentation of Activities:**
    - It ensures that every activity, observation, and experiment is meticulously recorded for reference, analysis, and reporting.
2. **Enhancing Learning and Reflection:**
    - By writing down what they learn and observe, students can better understand concepts and reflect on their experiences.
3. **Simulating Real-World Practices:**
    - Astronauts and researchers use logbooks to document essential mission details. This practice gives students a taste of authentic space exploration protocols.
4. **Improving Organizational Skills:**
    - Recording schedules, teamwork, and reflections in the logbook helps students learn time management and collaboration skills.
5. **Creativity and Engagement:**
    - The logbook serves as a creative outlet, allowing students to sketch ideas, design mission patches, and imagine future missions.
6. **Evaluation and Feedback:**
    - Educators can review the logbook to assess a student's understanding, engagement, and progress.

How to Use the Logbook

1. **Preparation:**
    - At the start of the mission, fill in the general information and design a mission patch.
2. **Daily Logs:**

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- Document daily activities, discoveries, and challenges. Use the mood tracker to reflect on the day's experience.

3. **Record Experiments:**
   - Fill in the experiment section with goals, procedures, and results. Use diagrams and tables to present data.
4. **Astronaut Life:**
   - Keep track of meals, exercises, and time management to understand the importance of health in space.
5. **Collaborate:**
   - Document team tasks and strategies to resolve challenges. This enhances communication and teamwork skills.
6. **Be Creative:**
   - Use the Creative Corner to design, imagine, and innovate.
7. **Final Reflection:**
   - Summarize the mission experience, lessons learned, and ideas for future explorations.
8. **Celebrate:**
   - Complete the Certificate of Completion to acknowledge the achievement.

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