1. Find able and willing subjects.
2. Record each subject’s daily caffeine routine by finding out how many times he or she consumes caffeine each day. Since high school students have consistent hours, I decided they were the best people to test.
3. Since I wanted to see how high amounts of caffeine affect people who normally don’t drink that much caffeine and vice versa, I split the test subjects (30) into three groups, each containing 10 people.

Group 1- People who consume 0-1 servings of caffeine consumes 3-4 servings a day.

Group 2- People who consume 2 servings of caffeine a day consumes the same amount. Since 2 servings are the average amount of caffeine a person consumes everyday, this group was the control.

Group 3- People who consume 3-4 servings of caffeine consumes little to none caffeine.

1. The subjects performed the experiment for an entire school week or 5 days.

5. After the period of experimentation was over, the subjects were asked to fill out the following survey based on their new caffeine intake.

1. Did your concentration level improve?

Yes No

1. Did you feel more alert in class?

Yes No

1. Did you feel more awake during the day?

Yes No

1. Was it easier to listen to your teachers or read during class?

Yes No

1. Did you have more energy during the day to complete your work?

Yes No

1. Circle any side effects you experienced.

Headaches Dizziness Stomachaches

Difficulty sleeping Mood swings Fatigue

Depression None at all Other\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Did you get your normal hours of sleep during the period of experimentation?

Yes No

1. Did you eat normally during the period of experimentation?

Yes No

1. Would you continue your new caffeine intake regularly?

Yes No

1. Overall, which caffeine intake helped you the most?

Normal intake New intake

1. Compare the answers of the survey. See the data section for results.

Concerns:

This experiment is not full proof and has many concerns. First of all, I had to rely on the subject’s honesty. I had a hard time monitoring my test subjects. I couldn’t be with them all day to make sure that they consumed the right amount of caffeine. In addition, instead of assigning a certain dose of caffeine like 100 milligrams, I just instructed my subjects to consume caffeine a certain amount of times during the day. Some people in the same group could have consumed more caffeine dosage wise, but the same servings wise. Also, since the effectiveness of caffeine is different for each person, I couldn’t account for each person’s weight or absorption rate. The experiment could have been conducted a lot better if everything was much more exact and precise.