**Journal**

January 12, 2002: Researched topic of stress at Pleasanton Local Library (Annie)

January 13, 2002: Researched topic of stress at Pleasanton Local Library (Amanda)

January 20, 2002: Did further research on stress together (Annie, Amanda)

January 27, 2002: More research at library, chose topic of exercise and stress (Annie, Amanda)

Febuary 10, 2002: Began introduction (Annie)

Febuary 16, 2002: Began to think of survey questions (Annie, Amanda)

Febuary 24, 2002: Put together a first draft of survey (Annie, Amanda)

March 10, 2002: Second draft of survey (Amanda)

March 14, 2002: Wrote hypothesis and prediction (Annie, Amanda)

March 17, 2002: Added to introduction several sources (Annie)

March 21, 2002: Finalized and copied survey (Annie, Amanda)

March 22, 2002: Distributed survey to classes (Annie, Amanda)

March 23, 2002: Began to tally surveys (Annie, Amanda)

March 24, 2002: Continued to tally surveys (Annie, Amanda)

March 26, 2002: Second draft of introduction complete (Annie)

March 27, 2002: Edited and revised introduction (Amanda)

March 28, 2002: Analyzed data (Amanda)

March 29, 2002: Analzed data (Amanda)

March 30, 2002: Wrote procedure (Amanda)

April 6, 2002: Wrote conclusion, typed up all written parts (Annie, Amanda)

April 7, 2002: Typed bibliography, journal (Annie)