**Overall Task Requirement**

1. **Log Table Check in SSIS**:
   * Create an SSIS package to check if a log table in SQL is empty.
   * Use a variable (1 for data existence, 0 for no data).
   * Add a constraint to control the workflow:
     + If the variable is 1, proceed with the process.
     + If the variable is 0, stop the process.
2. **SQL Stored Procedure**:
   * Develop a stored procedure to:
     + Retrieve data from the log table.
     + Accept recipient email addresses as an input parameter.
     + Format the log table's data into an HTML email body, maintaining the table structure.
     + Send the email with the formatted HTML table as the body.

The tasks ensure validation and appropriate actions based on log table data, while notifying recipients with a structured report.