

Date	Time	Website	Query (if applicable)	What information was lifted	Where has the information gone
10/03/2025	09:30:00	<a href="https://www.nuclino.com/articles/functional-requirements">https://www.nuclino.com/articles/functional-requirements</a>	N/A	how to effectively identify Functional requirements	Functional Requirements Header
10/03/2025	09:44:00	<a href="https://www.altexsoft.com/blog/non-functional-requirements/">https://www.altexsoft.com/blog/non-functional-requirements/</a>	N/A	how to effectively identify Non-Functional requirements	Non Functional Requirements Header
10/03/2025	09:56:00	<a href="https://www.computerlanguage.com/results.php?definition=SHA-512">https://www.computerlanguage.com/results.php?definition=SHA-512</a>	SHA-3	Information on the most up to date data and password encryption alogrithm	Non Functional Requirements Header
10/03/2025	09:58:00	<a href="https://en.wikipedia.org/wiki/SHA-3">https://en.wikipedia.org/wiki/SHA-3</a>	SHA-3	Information on the most up to date data and password encryption alogrithm	Non Functional Requirements Header
10/03/2025	10:42:00	<a href="https://www.atlassian.com/agile/project-management/user-stories">https://www.atlassian.com/agile/project-management/user-stories</a>	N/A	Most Effective Table Layout for user stories	User Stories Table
10/03/2025	12:02:00	<a href="https://www.nngroup.com/articles/empathy-mapping/">https://www.nngroup.com/articles/empathy-mapping/</a>	N/A	General Info around how to build a comprehensive empathy map	Empathy map Diagrams
11/03/2025	09:14:00	<a href="https://octopus.energy/quote/">https://octopus.energy/quote/</a>	N/A	Ease of use to get a quote	Alternative Systems
11/03/2025	09:30:00	<a href="https://www.sunpower-uk.com/contact/call-back/">https://www.sunpower-uk.com/contact/call-back/</a>	N/A	Call back Form	Alternative Systems
11/03/2025	09:39:00	<a href="https://genous.earth/">https://genous.earth/</a>	N/A	Images of how the calculator form works	Alternative Systems
11/03/2025	10:30:00	<a href="https://qualifications.pearson.com/en/qualifications/t-levels/digital-production-design-and-development.html#%2Ftab-September2024">https://qualifications.pearson.com/en/qualifications/t-levels/digital-production-design-and-development.html#%2Ftab-September2024</a>	N/A	Specification	Where Necessary
11/03/2025	10:33:00	<a href="https://trellis.net/topics/">https://trellis.net/topics/</a>	N/A	Relevant News Information - green energy , decarbonisation etc	Alternative Systems
11/03/2025	11:13:00	<a href="https://www.altexsoft.com/blog/acceptance-criteria-purposes-formats-and-best-practices/">https://www.altexsoft.com/blog/acceptance-criteria-purposes-formats-and-best-practices/</a>	N/A	User Acceptance Criteria identification and structure	User Acceptance Criteria header
11/03/2025	11:59:00	<a href="https://www.nngroup.com/articles/empathy-mapping/">https://www.nngroup.com/articles/empathy-mapping/</a>	N/A	General Info around how to build a comprehensive empathy map	Empathy map Diagrams
11/03/2025	12:02:00	claude.ai	Best Layout for empathy maps	says,thinks,does,feels	Empathy map header
12/03/2025	09:37:00	<a href="https://www.researchgate.net/figure/A-standard-risk-matrix_fig7_323570642">https://www.researchgate.net/figure/A-standard-risk-matrix_fig7_323570642</a>	N/A	Risk matrix	risks header
12/03/2025	09:54:00	<a href="https://www.esecurityplanet.com/threats/how-to-prevent-sql-injection-attacks/">https://www.esecurityplanet.com/threats/how-to-prevent-sql-injection-attacks/</a>	N/A	SQL attacks and what can be done to prevent them	risks header
12/03/2025	10:25:00	claude.ai	Hey claude, can you please help me identify the risks of speed of development in a project proposal context	none, information was not worth using	nowhere
12/03/2025	10:49:00	google.com	technical debt	what tehcnical debt is	risks header
12/03/2025	12:04:00	google.com	4-3-2-1 Backup Rule	How the 4-3-2 rule works and why it is a prefered system	risks header
14/03/2025	10:22:00	figma	N/A	website design	
14/03/2025	11:00:00	<a href="https://design-system.service.gov.uk/patterns/addresses/">https://design-system.service.gov.uk/patterns/addresses/</a>	N/A	how to take an address in the gov approved format	web design
14/03/2025	12:24:00	claude.ai	hi claude, ive identified my KPIs I need a bit of help fleshing them out into a professional context can you help	the style of how to effectively breakdown KPIs	KPI Header
17/03/2025	09:11:00	draw.sql	N/A	made my ER diagram	Design pack
17/03/2025	09:35:00	claude.ai	this is the DB schema I have exported from drawsql. From past use I know the code is often convoluted. Clear it up to be useale for me	the usable code	ER Diagram design pack
17/03/2025	09:56:00	google.com	description of a proposed solution examples	examples of a proposed solution	description of proposed solution header
17/03/2025	10:26:00	google.com	how to effectively draw up the key headers for a proposal solution	how to extract key headers for a proposed solution ( via google AI overview )	description of proposed solution header
17/03/2025	10:42:00	google.com	how to create easily digestible pseudocode	how to create easily digestible pseudocode	pseudocode design pack
17/03/2025	11:09:00	draw.io		made flow charts	flowcharts design pack
18/03/2025	09:21:00	google.com	when doing data flow analysis, is it better to use diagrams or bullet point each point out	bullet points are easier to digest for non technical folk	data flow design pack
18/03/2025	10:28:00	<a href="https://www.epochconverter.com/">https://www.epochconverter.com/</a>	epoch current time	current epoch time	booking data dictionary in design pack
18/03/2025	10:59:00	google.com	how to create easy to read data dictionaries	how to create easy to read data dictionaries	admi data flow in design pack
18/03/2025	11:42:00	google.com	how to properly identify test strategy	how to properly identify test strategy	test strategy doc
18/03/2025	12:13:00	figma		created a top level decomp diagram on figjam	design pack