

Final Product Log		
Date	Hours	Description of Work Completed
3/12/2019	1	During this time, I spent time working on the disclaimer, ensuring that people do not get me in trouble for injuring themselves from the guidebook. This is important because it makes sure that the people that use the guidebook do not further injure themselves and to make sure that they know how to use the guide book properly.
3/14/2019	1.25	I worked on the neck pain section of the guidebook. I finished the symptoms and the treatment part of this section. The majority of the time was spent on researching different exercises to do when a person has neck pain and how it can be treated. In addition to this, I also spent time looking at alternative methods to treat neck pain other than with stretches, like applying heat/ice, pain medications, or changing sleeping habits. This was important because it helps broaden the treatment plan for the issue that might work on a variety of people.
3/15/2019	1	I completed the neck section of the guide book. I had to finish the neck exercises and how to do them. My mentor had given me some exercises that would be beneficial to the people that suffer from neck pain. Also, I edited the symptoms of neck pain and the other solutions of neck pain. In addition to that, I began researching symptoms for back pain.
3/16/2019	1	I spent time working on the upper back pain section of the book. I worked on the "what is upper back pain" which basically describes the symptoms of the upper back pain. I also worked on the "how to treat the upper back pain" which basically describes the treatment options to the type of back pain.
3/19/2019	1	I worked on finishing what the different exercises to treat back pain. I edited the symptoms and made it more user friendly. I also spent time researching different stretches that can be done to treat upper back pain. When researching the different stretches for back pain I looked at the materials necessary for the stretch and I also looked at the difficulty of the stretch to make sure people can do it easily without getting injured.
4/1/2019	1	I adjusted my neck pain phrasing to make it more clear as per my mentor's suggestions. I made the first paragraph more clear and understandable. Prior it was hard to read and repetitive. In addition to this, I worked on the lower back pain section of the guide book. I started working on the "What is lower back pain?" part of that section. This is important because I had to do research on the causes of lower back pain and look at some of my notes from my mentor visits to figure out what triggers lower back pain. I also researched some exercises that can be used to treat upper back pain. This is important because it can help me find the proper exercise that people can do at home.
4/3/2019	1	I spent time researching exercises for the upper back pain section of the guide book. This is more difficult than expected because of the specificity of the problem. In addition to this, I spent time working on the lower back pain of the section and worked on the "How can it be treated?" part of the section. I was able to complete the entire part with including some exercises that can be used to treat the lower back pain. I also spent time research spondylosis because it often related to the cause of lower and upper back pain for the elderly population.
4/5/2019	3.5	I worked on the completing both the upper and lower back pain section of the guidebook. I added the exercises for both the sections. And discussed how to do the exercises. I also spent time researching the symptoms for shoulder pain and started working on the shoulder section of the guide book. In addition this, I also added the disclaimer for the back section. I spent time researching shoulder pain symptoms and the initial treatment options. In addition to this, I also worked on creating the symptoms of the shoulder pain on the guide book. I finished the symptoms section for shoulder pain. I also started working on the treatment options of shoulder pain. While researching I started to notice that the symptoms for neck pain, upper back pain, and shoulder pain are very similar, the only difference between them is the location of the pain.
4/7/2019	2	I completed the shoulder pain section of the guide book. I added the exercises and added the how to do it part of the shoulder pain section. I also started researching the hip pain section. In addition to this I also started to transfer the information from the google docs to a publisher file. While working on the shoulder pain section, I worked on making the instructions for the exercises easy to understand make it more comprehensible.
4/17/2019	1.5	I worked on the hip pain section of the guide book. I finished the symptoms section of the hip pain. This was difficult because there are two different parts of the hip: the inner hip and the outer hip. Having pain in each of these sections tells you very different causes of the issue. I decided for the guide book I would focus on the outside of the hip because that means there is something wrong with the muscles in the hip.
4/20/2019	1.5	I completed the hip pain section of the guide book. I had to finish the stretches and how to do the stretches. This is important to my final product because it helps explain the stretches and how to do them. I also spent time researching different types of stretches that could be used to treat hip pain. Also, I started to transfer the completed sections to the proper format in Microsoft Publisher and started to add pictures to help visualize the exercises and the stretches.
4/23/2019	2.5	I worked on the knee pain section of the guide book (the last section of the guide book). I completed the what is knee pain, the treatments, and I started the how to do the exercises part of the guide book. In addition to that I spent time researched different treatment options of knee pain. I also researched different causes of knee pain. This was interesting because I learned different types of injuries that might be linked to knee pain. I completed the knee pain section of the guide book which is the last section of the guide book. In addition to that, I also started transferring the completed section of the guide book into the proper format. I also started adding pictures to help show how to do the stretches and to show where the problem area is affected. I also worked on editing the finished sections of the guide book and made sure that the language was understandable.
4/30/2019	1	I worked on transferring the neck pain section into publisher and started adding pictures to make the exercises easier to visualize. I add pictures of how to do the stretches to show the proper form of the exercises and it clarifies the explanation. In addition to that I started to add transfer the disclaimer and the acknowledgements of the guide book. This is important because it showed where I got the information and how I was able to complete the sections of the guide book.
5/2/2019	1	I worked on transferring the shoulder section to the guide book. I also worked on adding more pictures to the guidebook to make it more easier to visualize certain types of treatments and the location of the pain. In addition to this I also worked on properly formatting all the information in the guide book so everything is uniformed and makes it look better. Finally I also worked on rechecking the neck pain section making sure that the information is accurate and it makes sense when people are reading it.
5/3/2019	2	I completed transferring the shoulder pain section to Publisher and I started working on the upper back pain section of the guide book. I also formatted the previous sections. I also checked the previously completed sections of the guide book to make sure there are no more errors and grammar mistakes. I also add more pictures to make sure that people know how to do the exercises and stretch properly and they can visualize the stretches better. I completed the shoulder pain section of the guide book formatting. I also finished transferring the information for the upper back pain section. I also added more pictures for the upper back pain section in order to show the readers how to properly do the stretches and how the stretches should look like. In the shoulder pain section I also added where the stretch should be felt so it can help the readers know if they are doing the stretch correctly.
5/6/2019	2	I completed transferring all the content from the google doc to the proper format that is needed. More specifically, I completed transferring the lower back pain, hip pain, and the knee pain section. I also started to add more picture of the location of the pain and the diagrams of the exercises. This is important because it makes the descriptions of the location of the pain and the description of the exercises easier to understand and it makes it so it isn't all text and boring to read. When I work next time, I would like to complete the pictures and print out a couple of copies of the guide book so it is more tangible and people are able to read it better. Finally I would like to go back and edit the previous sections to make sure it the information is correct and there is correct grammar.
Total Time	24.25	