

Project Activity Log

Learner Name	_____	Learner number	_____
Centre Name	_____	Centre Number	_____
Unit Name	_____	Unit number	_____
Teacher Assessor	_____		

Proposed project title Why are the levels of obesity in teenagers increasing?

This form should be used to record the process of your project and be submitted as evidence with the final piece of work.

You may want to discuss:

- what you have done (eg, from one week to the next)
- if you are working in a group, what discussions you have had
- any changes that you have or will need to make to your plans
- what resources you have found or hope to find
- what problems you are encountering and how you are solving them
- what you are going to do next

Date	Comments
10 September 2010	I read the project brief through and looked through what needed to be done and what different topics there was to choose from for me to do. I Researched 5 different topics which seemed the most interesting and easiest to do so that I could decide what one I was going to do. The three topics I chose to research was 'should the time window for abortion be shortened?' 'What do we class as anti social behaviour (comparing adult and teenage view points)?' 'What could cause the increase in teenage pregnancy rates in the north east?' 'can drinking alcohol in moderation improve your health and well being? And 'why are the levels of obesity in teenagers increasing'
15 september 2010	I Continued to research the five topics which I mentioned above and decided that the final one would be, 'why are the levels of obesity in teenagers increasing' this is because I found the most information on it and it seemed like an interesting subject to do and I would be able to find information easily, which would also be useful for me
17 september 2010	I started to write my proposal up by doing my introduction, reasons for choosing my project and primary and secondary research that I was going to use
21 september 2010	I began my primary research- I made two sets of questionnaires for teenagers and parents to fill out with various questions, the aim of the questionnaires was to find out how health families are, I wanted to find out how teenagers got to school what they do in their spare time and if they know about obesity and how bad it was, I asked similar questions to the parents, I wanted to know where they shopped what they bought and if they were strict on what their children ate
22 september 2010	I continued my proposal by finishing off my introduction to the project problems and risks and resolutions, my project activities and project objectives, I finished my questionnaires and began my secondary research, I did this when I wrote out interview questions

24 September 2010	I handed out my questionnaires to 10 parents and 10 teenagers so that they could fill them out, so I could get their views on the subject and learn how much people knew about obesity
29 September 2010	I wrote up my research from the questionnaires and did my questionnaire analysis. I used edexcel to make graphs, pie charts and bar charts to present my information and to show my answers clearly. I finished my proposal and went through and checked if I needed to include anything else
5 October 2010	I sent my e-mail to interview Julie Stott but she was unable to help me and answer the questions as she thought there would be a better person to do it than her, so she sent my emails to one of her colleagues Sally Hayton so that she could help me, but she said that she was unable to do it too as she could not give out personal views
6 October 2010	I continued my secondary research on the internet and I found out what is obesity, and wrote it out in a word document
13 October 2010	I used secondary research to gather information from text books and books from the library and typed it up
20 October 2010	Began to do my project write up (introduction) where I explained my topic and why I chose it and I summarised the information I found out
3 November 2010	Did my observation at McDonalds and recorded my information, my aim was to see why type of people went in to McDonalds and see what they actually bought also went to ASDA and did an observation there and wrote down my research, whilst I was there I visited 3 main aisles and seen what was the busiest.
9 November 2010	Typed up my research which I found out from my observations and did more secondary research and started my rational
14 November 2010	Finished off my research and typed whatever was left up
17 November 2010	Continued my rational
25 November 2010	Finished off my rational and began my discussion
3 December 2010	Checked through my proposal and made sure it was complete and made my front cover
13 December 2010	Finished discussion and made a start on my review and conclusion
19 December 2010	Started to do my presentation and managed to get it finished
3 January 2011	Did my presentation and wrote about it in my write up
7 January 2010	Checked through all of my work and made sure it was complete ready to hand in