An investigative report on the relationship between energy, class time, and note taking quality.
Sleep - Until 7:46 A.M.

- Bus
- Law Library Run - 8:23 - 9:16
- Sleep - Until 9:52 - 10:05
- Arch 323 - 10:25 - 11:30
- Geo Sci 102 - 11:58 A.M. - 12:59 P.M.
- Arch 213 - 1:07 - 2:28
- Arch 213 Discussion - 2:37 - 3:31
- Eat - 3:44 - 5:00
- Eat - 8:02 - 8:57

--- Everything above the line is part of the study ---
Arch 323: We notice that the note quality is fair; all the words are legible.

This is the first class of the day and came right after consuming about 510 calories (from a pepperoni Lean Cuisine Pizza and Quaker Instant Oatmeal); whereas, I'm full of energy at this point in the morning.

Arch 213: These notes are poor quality.

The room was dark and humid and at this point of the day I had run out of energy due to my meager breakfast and the running I had done earlier in the day.

Notice here that at this point my penmanship is terrible and that smudging does occur here.

Arch 213 Discussion: These are excellent notes. Notice there is a level of energy that compelled me to draw diagrams and make connections among different points in the discussion.

The success of this rebound can be attributed to a cliff bar I consumed prior to the beginning of class which added 250 calories to my daily intake.