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**Pilot Study Time Log**

**Participant name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Course title:** Common Lower Leg Overuse Injuries in Runners

**Participant instructions:**

The purpose of this pilot study is to establish the typical time it takes a learner to complete this course. Keeping an accurate account of your time is critical. *You are not required to complete this activity in one session.*

Keep track of your time for each element separately.

Each time you begin to work on the study:

- go to the appropriate element
- log in the date and your start time
- log in an end time each time you stop work, even if it is only for a short break
- when you return to work, begin a new line with a new start time
- *you may have several time entries for the same date*

**I. Reading Time - Course**

Date	Start time	End time	Number of minutes

**II. Final Exam**

Date	Start time	End time	Number of minutes

**III. Course Evaluation**

Date	Start time	End time	Number of minutes

**This log is due to PDH Academy no later than December 16, 2016.**