**Artificial Bicep Worksheet**

**Engineering Design Process**

**Ask 🡪 Research 🡪 Imagine 🡪 Plan🡪 Create 🡪 Test 🡪 Improve**

**Brainstorming ideas:**

**Draw your design:**

**Record your measurements:**

Force applied: \_\_\_\_\_\_\_\_\_\_\_\_\_ Distance: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**After seeing how other groups did, how would you alter your design to make it better?**

**How do you think your design might help someone?**