**Learning Log: Think about data in daily life**

**Instructions**You can use this document as a template for the learning log activity: Think about data in daily life. Type your answers in this document, and save it on your computer or Google Drive.

We recommend that you save every learning log in one folder and include a date in the file name to help you stay organized. Important information like course number, title, and activity name are already included. After you finish your learning log entry, you can come back and reread your responses later to understand how your opinions on different topics may have changed throughout the courses.

To review detailed instructions on how to complete this activity, please return to Coursera: [Learning Log: Think about data in daily life](https://www.coursera.org/learn/foundations-data/supplement/yW748/learning-log-think-about-data-in-daily-life).

| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere | | |
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| **Learning Log:** Think about data in daily life | | |
| **Everyday data** | Create a list of at least five questions:   1. How does my sleep time affect my morning energy levels? 2. When am I most productive in learning new skills? 3. How can I read more books? 4. How can I workout regularly? 5. How can I complete my project faster?   Now, select one of the five questions from your list to explore.  *Selected question*: *How does my sleep affect my morning energy levels?* | | |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. | | |
| **Questions and responses:** | * What are some considerations or preferences you want to keep in mind when making a decision?   *My productivity (with my work and social life), my behavior with my parents, my productivity by the end of the day, whether I am groggy or pumped for the new day, did I workout or not*   * What kind of information or data do you have access to that will influence your decision?   *I could keep a journal to record my level of grogginess, my time of going to bed and waking up,*   * Are there any other things you might want to track associated with this decision?   *Sleep time might also be important, so is heart rate (resting and active), using a band.* | | |
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