**Learning Log: Explore data from your daily life**

**Instructions**You can use this document as a template for the learning log activity: Explore data from your 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: Explore data from your daily life](https://www.coursera.org/learn/foundations-data/supplement/RNx3Z/learning-log-explore-data-from-your-daily-life).

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| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere |
| **Learning Log:** Explore data from your daily life |
| **Create a list** | Create a list exploring an area of your daily life and include details, such as the date, time, cost, quantity, size, etc.  Daily sleep time   * May. 23, 21 11pm went to bed woke up at 5:30 am * May. 23, 22 12pm went to bed woke up at 5:30 am * May. 23, 23 12pm went to bed woke up at 7:00 am * May. 23, 24 12pm went to bed woke up at 6:50 am * May. 23, 25 11pm wend to bed woke up at 7:00 am * May. 23, 26 sleep one hour during day and went to bed at 1:30am woke up at 9:30 am * May. 23, 27 12pm went to bed woke up at 7:00 am |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. |
| **Questions and responses:** | * Are there any trends you noticed in your behavior?   *Yes if I sleep early regularly I will wake up early but if one day if I sleep late I will wake up early but if I repeat this second day I sleep late I will woke up late. And if I sleep late and woke up late and repeat this but if I sleep early also then I will woke up late.*   * Are there factors that influence your decision-making?   *Yes, for example study or watching movie or sleeping during day etc.*   * Is there anything you identified that might influence your future behavior?   *Yes, I have to maintains my sleep time fixed then I won’t have sleep problem if I sleep one day early and one day late then I will face problem.* |