



# 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](#).

<b>Date:</b> March 4, 2023	<b>Course/topic:</b> Course 1: Foundations: Data, Data Everywhere
	<b>Learning Log:</b> Explore data from your daily life
<b>Create a list</b>	<p>Create a list exploring an area of your daily life and include details, such as the date, time, cost, quantity, size, etc:</p> <ul style="list-style-type: none"><li>• Cups of coffee per workdays: 5+</li><li>• Drinking non-mineralized water per day: 0.5-1 liter</li><li>• Drinking alcoholic beverages per day: 0.2 liter</li><li>• Having breakfast, warm lunch and dinner: 5 days/week</li><li>• Having breakfast and warm dinner: 2 days/week</li><li>• Cooking warm dishes or preparing meals in average/day: 30min</li><li>• Sleeping time in average/day: 8h</li><li>• Working hours at computer in average/day: 8.2</li><li>• Doing sports/fitness/gym in average/day: 25min</li><li>• Doing studies in languages and data analytic in average/day: 150min</li><li>• Reading books in average/day: 20min</li><li>• Watching videos/films in average/day: 30min</li><li>• Go outside for a walk or shopping in average/day: 35min</li><li>• Diving per car in average/day: 0min</li><li>• Driving by bike in average/day: 15min</li></ul>
<b>Reflection:</b>	Write 2-3 sentences (40-60 words) in response to each of the questions below.
<b>Questions and responses:</b>	<ul style="list-style-type: none"><li>• Are there any trends you noticed in your behavior? <i>Since summer 2022 I strongly reduced drinking of alcoholic beverages to a new minimum. I try to reduce drinking coffee and try to drink more non-mineral water during workdays.</i></li><li>• Are there factors that influence your decision-making?</li></ul>



	<p><i>Regularly health checks by a doctor and checking my body weight are key factors to monitor my work-life balance. My goal is to reduce my body weight by 5 kg.</i></p> <ul style="list-style-type: none"><li>• <i>Is there anything you identified that might influence your future behavior? My daily routine in studying and working takes too much time in front of computers - to save my eyes I'll have to reduce screen time.</i></li></ul>
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