Lab Assignment 2 – Data Sources

Below is a list of data sources students identified this week (at least those that turned in the assignment early enough to include). A few quick thoughts from my reading of the lists below.

Lots of variation in the active data, much less on passive and administrative. That makes sense considering how involved and limited you are in the data collection in one type versus the other.

One interesting thing you could do as part of your dashboard is compare different ways of recording the same data type (exercise, sleep, mood, finances, etc.). Imagine seeing how you rate your health each day vs. an app, or recording your transactions yourself vs. the bank. That wouldn't be your experiment, but it'd be additional information you could use in your dashboard and may lend credibility to the way you measure your outcome.

Some of these data can be downloaded, others will have to be recorded manually (I'm looking at Apple Screen Time here). If that is necessary, make sure you know how to do it and have a plan, because you don't want to get 4 weeks in an realize you can't access old information.

Start data collection soon (today is great, tomorrow is just as good, a week from now starts to get dicey, a month from now and you're gonna have a bad time). This week's lab will ask you to outline your experiment, so start to think about what question your data lends itself to you asking. If that makes you want to add a few additional data sources or swap some out, that is completely fine. You have a few days to get your data running (and many are already collecting before the assignment started).

Passive	Count
Steps (phone or watch)	11
sleep	7
heart rate	3
Time reading on library app	
bike miles	
Apple health app	2
workout activity	2

Active	Count
Ask Me Every - back pain	
Daylio - mood	
Ask Me Every - mood	2
moodpath	
moodpanda	
journal entries of activities	2
calm app - meditation	
workout data	
caffeine consumption	
stress	
time spent studying	
time spent at gym	

Administrative	Count
Apple Screen Time - Write down manually	6
Rescue Time	5
Bank/Credit Card	
grades in class	
Daily spending via Pennies app	
Phone use (non apple screentime)	