



# 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](#).

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|---------------------------------|---|
| <b>Date:</b><br><02.23.2023>    | <b>Course/topic:</b> Course 1: Foundations: Data, Data Everywhere   |
|                                 | <b>Learning Log:</b> Think about data in daily life   |
| <b>Everyday data</b>            | <p>Create a list of at least five questions:</p> <ol style="list-style-type: none"><li>1. What types of coffee do you drink the most?</li><li>2. How long and often do you take a short break during work hours?</li><li>3. What types of food and vegetables do you often buy?</li><li>4. How many hours of sleep do you get each day?</li><li>5. What are the average steps of your daily walking?</li></ol> <p>Now, select one of the five questions from your list to explore.<br/><i>Selected question:</i> What are the average steps of your daily walking?</p>  |
| <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>• What are some considerations or preferences you want to keep in mind when making a decision?<br/><i>What places do I visit often? Do I walk, bike, or ride a car to get there? If I do workouts at the gym, how many steps do I usually walk less?</i></li><li>• What kind of information or data do you have access to that will influence your decision?<br/><i>I have an app on my phone to track everyday steps. The amount of daily study schedule can influence my decision-making process.</i></li><li>• Are there any other things you might want to track associated with this decision?<br/><i>If I feel just lazy, or have many other things to do, how does it affect my motivation to walk more?</i></li></ul> |