**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:** <04/07/2021> | **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:   * July 3rd - 3pm : purchased 3 pieces of candy * July 2nd - 12pm : purchased 6 pieces of candy * July 1st - 6pm : purchased 4 pieces of candy * June 30th - 3pm : purchased 3 pieces of candy | | |
| **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 , i buy the most candy when i am about to go meet with my smoking friends , thus the trend being that i buy more and more candy to resist the urge to smoke when i am with my friends.*   * Are there factors that influence your decision-making?   *Yes , i would rather buy candy in advance for when the cravings episode comes through i’d be able to fight back.*   * Is there anything you identified that might influence your future behavior?   *Yes , getting the nicotine receptors reset in my brain might take time but it will definitely influence my future buys of this candy , because i will not need it anymore to get through cravings* | | |