Learning Log: Think about data in daily life

Date: 09/15/2021	**Course/topic:** Course 1: Foundations: Data, Data Everywhere
	Learning Log: Think about data in daily life
Everyday data	Create a list of at least five questions: 1.How long sleep time do I need to feel energetic again? 2.What time should I wake up to make best use of my time in a day? 3.How many cups of coffee do I drink in a day? 4.What's the best time for studying? 5.How many hours do I exercise in a day? Now, select one of the five questions from your list to explore. *Selected question: What's the best time for studying?*
Reflection:	Write 2-3 sentences (40-60 words) in response to each of the questions below.
Questions and responses:	• What are some considerations or preferences you want to keep in mind when making a decision? *If I'm feeling ready to learn and alert, If my daughter is napping or entertained, and if I have all the material available.* • What kind of information or data do you have access to that will influence your decision? *MY daily routine* • Are there any other things you might want to track associated with this decision? *Time. If it would better to wake up earlier while my daughter is still sleeping.*