

Scientific Experiment

1. State the problem

I need improve my alimentation because I would like have a healthy life.
I need improve my schedules because I feel that need organize myself
because I would like have more time for do exercises.

2. Gather information:

Have a consistent sleep schedule.

Do exercises regularly.

Eliminate caffeine.

When you can eliminate computer use later in the evening.

Do not use the time in the bed to plan the next day.

The environment must be dark and cool.

3. Make your hypothesis:

If I don't eat sugar and eliminate caffeine, it should help me have a healthy life.

If I eat healthy food and do exercises regularly, it should help me feel better.

If I have a schedule to sleep, I will wake up on time.

If I have a schedule to meditate in the morning, it should help me have more energy and peace.

4. Experiment:

Do schedule: I write the main activities of the day including classes on cards and I put them on the wall with hours. With other color I write the important remarks like "cellphone until 9 pm", "be careful with the sugar", "meditation in the morning is important".

Schedule:

Activities	Time
Wake up	7:00 am
Shower and get ready	7:30 am
Meditation	8:10 am
Breakfast	8:40 am
Read news	9:30 am
Start classes	10:00 am
Lunch	12:30 pm
Start classes	1:15 pm
Meditation	4:00 pm
Review homework	5:00 pm
Dinner	6:30 pm
Do exercises	7:30 pm
Sleep	10:00 pm

Eat better: I eliminate sugar and caffeine of all meals.

Do exercises: I think that is important do exercises with friends and I should motivate them to do together.

5. Gather and analyze data:

I eliminate sugar and caffeine but I have not noticed anything yet.

I feel better with the cards in the wall and I will start sleeping at 9: 30 pm.