Bio 103: Media 2B → Measuring Body Parameters

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Parameter list:

For this assignment I plan to measure and keep track of steps taken, quantity of fruit and vegetables consumed and hours slept. I choose these three because each measures a different characteristic, the steps taken measures my relative activity level indoors, the quantity of fruit and vegetables could to some degree measure the balancedness of my diet and finally the hours slept is purely to see if I am actually obtaining 8 or more hours of sleep.

So to summarize I will measure:
1. Hours Slept
2. Steps Taken
3. Fruits & Vegetables Consumed

Data Plan (How I will measure these variables):

Foremost, I will catalogue each metric everyday in a google spreadsheet I have setup whose format may be seen below which I plan to update on a daily basis over the next eight weeks:

	A	B	C	D	E	F
1	BIOMETRICS BIO 103					
2	DAY	STEPS	VEGETABLES/ FRUIT QUANTITY	TIME FELL ASLEEP	TIME AWOKEN	TOTAL HOURS SLEPT
3	4/11/2020 9:55:23		1			
4						
5						
6						
7						
8						
9						
10						
11						
12						

And here's how I plan to measure each metric:

Measuring Hours Slept: I will record on the spreadsheet the time I go to bed and then catalogue the time I wake up. From this I will perform really complicated advanced calculus to acquire the total hours I slept (I will count the number of hours elapsed between the two times).

Measuring Steps Taken: This will be measured/approximated using my counterfeit fitbit thing I bought a few years ago which to be completely honest does a really bad job at counting the number of steps I have taken but will provide an alright approximation. The total steps recorded will be tallied from the device at the same time I catalogue when I'm going to bed.

Vegetables & Fruits Consumed: This will be the easiest to measure since it requires just incrementing my total quantity of fruits and vegetables consumed each time I consume a fruit or vegetable. So for instance since I ate a banana this morning I added 1 to my spreadsheet for today.