BIO 4A: Media Piece: Qualitative & Quantitative Data Collection

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Alright here are two examples of different forms of data collection I am undertaking in my data collection project. The first is measuring healthy consumption and the second is measuring rest.

1. Qualitative: *Healthy Consumption*

One body parameter I am attempting to measure is my diet which I believe has probably gotten worse throughout the quarantine. One qualitative approach to this parameter might be to try and judge how I am feeling on a 1-10 scale to see if I am feeling good. Another might be by judging the perceived healthiness of the food I consume, do I feel like I am consuming healthier food at dinner versus lunch? Another qualitative technique (while gross) might be just momentarily noting the shape of my stool samples since as was mentioned in the lecture videos in this week's module we can determine some characteristics about what we consumed based on how our poop looks. I.E. A really liquidy stool indicates diarrhea ergo low water absorption from the large intestine.

2. Quantitative: *Rest*

I am generally fairly tired most days and I want to see how I might be able to improve my rest schedule. Right now I have been recording the time when I go to sleep and when I wake up. From this I calculate the number of hours I have slept to see the total hours I have spent sleeping and so far off this amount is from the recommended amount of sleep for my age group which is ~8 hours. If I am getting below 8 hours I can tell I am not getting enough sleep and if I am getting above 8 hours I can tell I am getting enough sleep.