**Learning Log: Think about data in daily life**

**Instructions**You can use this document as a template for the learning log activity: Think about data in 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: Think about data in daily life](https://www.coursera.org/learn/foundations-data/supplement/yW748/learning-log-think-about-data-in-daily-life).

| **Date:** <enter date> | **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 many steps do I take in a day ?  2. How much do I spend on e-commerce purchases in a month?  3. How much time do I watch social media everyday ?  4. How much water do I use a day for drinking and to fulfill all needs.  5. How many hours do I sleep every day ?  Now, select one of the five questions from your list to explore.  *Selected question*: *Type your response here* | | |
| **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?   *Is there something really important for me to watch on social media like world breaking news or a podcast that I have desperately wanted to learn for a long time. Just wanted to know subconsciously how much time i may have wasted on social media etc. Is it useful for me in the long term or in the way of distracting my goals?*   * What kind of information or data do you have access to that will influence your decision?   *I could use data from my mobile screen time to understand how much time I spent. The data which shows the unproductive time spent during my work like not finishing the tasks for the day. How many times have I crossed the limit timer for social media apps for the day?*   * Are there any other things you might want to track associated with this decision?   *NO.* | | |