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](#).

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. Time that I go to sleep. 2. Amount of hours spent while sleeping. 3. Amount of water drank in a day. 4. What is the distance that I ran in a day. 5. What was the screen time that was used in that 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? *How would this improve my productivity? Is everything is improved on a day to day basis ? What are some of the factors that can be used in order to achieve these goals. At what time in the night, I have the best chance to get the REM Sleep.* ● What kind of information or data do you have access to that will influence your decision? *I would like to know the exact distance that I have run everyday and if it has an impact on overall productivity. I need to know the exact amount of time that I have spent on every application on my phone. Finally I need to know the exact number of hours that I have slept.* ● Are there any other things you might want to track associated with this

	decision? *Do I sleep at a different time in the day due to fatigue? What is the impact of an increase in running that can negatively impact my productivity? Does my work everyday allow me to sleep for a duration of 8 hours ? For how long can I consistently keep the optimum values up in order to boost my productivity.*