Learning Log: Organize your data in a table

Instructions

You can use this document as a template for the learning log activity: Organize your data in a table. 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: Organize your data in a table.

Date: <enter date>	Course/topic: Course 1: Foundations: Data, Data Everywhere
	Learning Log: Organize your data in a table
Now it's your turn!	Now, you can create a table for your data. You can use Google Docs, Microsoft Word, or draw a table with pen and paper. To create your table, follow the instructions for your preferred method: **How to create a table in Google Docs** To create a table in a Google Doc, navigate to the toolbar at the top of the document. Click Insert > Table and move the cursor over the grid until you highlight the number of columns and rows you want. For step by step directions visit: Add and edit tables **How to create a table in Microsoft Word** To create a basic table in Microsoft Word, navigate to the toolbar at the top of the document. Click Insert > Table and move the cursor over the grid until you highlight the number of columns and rows you want. For step by step directions visit: Microsoft Word Insert a Table **A third option: pen and paper!** If you want to create your learning log using pen and paper, that's just fine! You can draw your table manually, and fill in the data. You can consider adding extra empty rows for future data, if you decide to continue recording data. After you create your table you can move on to the reflection.
Reflection:	Write 3-5 sentences (60-100 words) in response to the question below.
Question and response:	Reflect on, and address, the opportunities in your personal life or current job to organize data into tables. *I had collected some data about my sleep. After finding out these results. It was*

	very shocking as to what I thought being productive routines were not that productive at all. I need to make sure that I decrease my time spent in the bed. Apart from that I need to create a few more tables that track my screen time and actual times in the day during which I am productive. I can even add about the physical needs of my body so that the runs and food can be moderated first.

Date	Time to go to bed	Wake up time	Time spent in bed	How many times you got up between sleep	Any dreams
3 May	4 Am	11 Am	7 Hours	1	Yes
4 May	3 Am	11 Am	8 Hours	1	Yes
5 May	2 Am	10:30 Am	8:30 Hours	0	Yes
6 May	2 Am	11 Am	9 Hours	2	Yes
7 May	2 Am	11 Am	9 Hours	1	Yes