



Learning Log: Explore data from your daily life

Instructions

You can use this document as a template for the learning log activity: Explore data from your 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: Explore data from your daily life](#).

Date: <enter date>	Course/topic: Course 1: Foundations: Data, Data Everywhere
	Learning Log: Explore data from your daily life
Create a list	Create a list exploring an area of your daily life and include details, such as the date, time, cost, quantity, size, etc: <ul style="list-style-type: none">• 3 May - Sleep 9 Hours• 4 May - Sleep 9.5 hours (Birthday)• 5 may - Sleep 9 Hours• 6 May - Sleep 8 hours• 7 May - Sleep 9 Hours
Reflection:	Write 2-3 sentences (40-60 words) in response to each of the questions below.
Questions and responses:	<ul style="list-style-type: none">• Are there any trends you noticed in your behavior? <i>Yes, The sleep is consistent and increases my productivity. I also found out that on days that I have gone early to bed, I have spent more time in bed.</i>• Are there factors that influence your decision-making? <i>I want to figure out the best amount of time spent in bed to increase my overall productivity throughout the day. Apart from that I wanted to find out the time that I need to reduce.</i>• Is there anything you identified that might influence your future behavior? <i>I am going to go to bed a bit later in the night time. This means that the overall time spent in bed would be reduced. Also I would like to wake up earlier which will help me accomplish my Final goal.</i>