**9iLearning 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](https://www.coursera.org/learn/foundations-data/supplement/RNx3Z/learning-log-explore-data-from-your-daily-life).

| **Date:** <04/FEB/2023> | **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:   * Jan-30 10.5 hour sleep Monday * Jan-31 10 hour sleep Tuesday * Feb-01 11 hour sleep Wednesday * Feb-02 9.5 hour sleep Thursday * Feb-03 6 hour sleep Friday | | |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. | | |
| **Questions and responses:** | * Are there any trends you noticed in your behaviour?   *Friday has the lowest sleep hour with quite a large margin compared with other days.*   * Are there factors that influence your decision-making?   *Not enough data*   * Is there anything you identified that might influence your future behaviour?   *Not enough data* | | |