**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).

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| **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 hours do you waste on social media each day?  2. How many hours of sleep do you get a night?  3. How many ounces of water do you drink in a day?  4. What’s the best time to go to the gym?  5. What flavor of ice cream do customers buy? |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below.   1. Most likely a couple of hours, between the phone apps (TikTok, facebook, and instagram) and YouTube. Most of it is wasted on YouTube, as limits are in place for phone apps to limit time to 15 minutes per day. 2. The recommended amount is 8 hours, depending on each person individually. Personally, I get between 7-9 hours of sleep; this amount of time seems to work for me as I can still function throughout the day. 3. Definitely not enough, it’s recommended to get around 64 ounces of water a day. My personal intake is much lower at maybe 28 ounces between water and other beverages that take water, like tea and coffee. Documenting this would help motivate to drink more. 4. The best way to gauge this is by using data of how many people key in at particular times of the day. The least busy times seem to be mid-day as many people are at work during that time. Busiest times are early in the morning and after 5pm at night. 5. Would be answered through sales data from local stores. Can’t be judged by just personal thought. Between vanilla and chocolate, the guess would be chocolate as more people have a preference for that flavour. |
| **Questions and responses:** | Now, select one of the five questions from your list to explore.  *Selected question*: *Type your response here*  What’s the best time to go to the gym?   * What are some considerations or preferences you want to keep in mind when making a decision?   *Type your response here*  Consider weather and work holidays. Also, new year’s resolution time and spring/summer months as people like to start going to get their summer bods   * What kind of information or data do you have access to that will influence your decision?   *Type your response here*  Info/data from google about the busiest times for the gym.  As well as the considerations above re: holidays, weather and peak times in the year   * Are there any other things you might want to track associated with this decision?   *Type your response here*  The consistency of individuals, ie. How many times a month do people averagely go to the gym |