**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. What many time do you go to exercise  2. How many hours of sleep do you get each day?  3. How does the length of your commute to work vary by day of the week?  4. How many cups of coffee do you drink each day?  5. How many hours do you work and rest every day? |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. |
| **Questions and responses:** | Now, select one of the five questions from your list to explore.  *Selected question*: **How many hours do you work and rest every day?**   * What are some considerations or preferences you want to keep in mind when making a decision?   *Type your response here*   * What kind of information or data do you have access to that will influence your decision?   *Type your response here*   * Are there any other things you might want to track associated with this decision?   *Type your response here* |