**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).

| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere | | |
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| **Learning Log:** Think about data in daily life | | |
| **Everyday data** | Create a list of at least five questions:   1. How does my weight change over time? 2. How many calories am I consuming every day? 3. How much time do I spend working every day? 4. How often is the air conditioner running? 5. Does my income cover my expenses?   Now, select one of the five questions from your list to explore.  *Selected question*: *How does my weight change over time?* | | |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. | | |
| **Questions and responses:** | * What are some considerations or preferences you want to keep in mind when making a decision?   *I want to make decisions that put me in a good situation, which means that as the consequence of the decision play out, I continue to have options for the next step. I also want to makes choices that are good for the health of others and myself. Ideally, I want the decision to produce value given whatever costs it takes to implement it. I’d also like to make informed decisions: common sense and past experiences have taught me that making big decisions without seeking out enough information can lead to wasted time and money.*   * What kind of information or data do you have access to that will influence your decision?   *Well, I have a scale and an app---MyFitnessPal--that allows me to track my weight on a daily basis. I also know that I need to have a consistent weighing routine, both for consistent results and for motivation. I also know that I want the number for each day to be a reflection of my actual weight, and not any food I may have ingested, so I know I should wait until after I’ve passed any food that might be ready to go before I take my weight.*   * Are there any other things you might want to track associated with this decision?   *I also want to track my daily calories and my nutrition to make sure that I’m not missing out on any important vitamins and minerals, and to make sure that I’m not overeating, because I am aiming to lose weight at this time. Other things I’d like to track, but don’t have the means or habit to at this time, are my body fat percentage and measurements of the waist, neck, hips, thigh, and so on.*  *I think it would also be good to track the price of my food, and this would help me answer question 5 as listed above, while also helping me see if I can eat healthier and cheaper at the same time.* | | |