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

| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere | | |
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| **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:   * Date, net calories on that date, weight the next day * 11/7/22, 1627, 237.7 * 11/6/22, 3044, 240.7 * 11/5/22, 1970, 237.9 * 11/4/22, 3745, 236.8 * 11/3/22, 1741, 235.8 | | |
| **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 behavior?   *Days where I ate more than 1750-ish calories were followed by weight gain.*   * Are there factors that influence your decision-making?   *Well, there are the broad goals of wanting to be more attractive. The days with high calorie values are days when I’m at home, because the types of food that promote weight loss are less abundant at home.*   * Is there anything you identified that might influence your future behavior?   *Yes! I have to either go home less, or bring ingredients that promote weight loss when I go home.* | | |