**Learning Log: Organize your data in a table**

**Instructions**You can use this document as a template for the learning log activity: Organize your data in a table. 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: Organize your data in a table](https://www.coursera.org/learn/foundations-data/supplement/yxX18/learning-log-organize-your-data-in-a-table).

| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere | | |
| --- | --- | --- | --- |
| **Learning Log:** Organize your data in a table | | |
| **Now it’s your turn!** | Now, you can create a table for your data. You can use Google Docs, Microsoft Word, or draw a table with pen and paper. To create your table, follow the instructions for your preferred method:   | **Date** | **Net Calories (Cal)** | **Weight Following Morning (lbs)** | | --- | --- | --- | | 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 3-5 sentences (60-100 words) in response to the question below. | | |
| **Question and response:** | Reflect on, and address, the opportunities in your personal life or current job to organize data into tables.  *In my personal life, I use tables very frequently. I use tables to organize my workouts, and then as I work out, I can check exercises off of the list, and that feels great. I’m also impliticly generating a fairly large database of weights and nutritional information through MyFitnessPal. I can admit that the data collection methods are inconsistent because I don’t always have a scale available, and when I eat restaurant food, I have to estimate. I* ***do*** *also leave some food out sometimes; if I’m having a day where I binge a bunch of sweets in the evening, then I don’t always count it. For my purposes, that’s okay, because I just use this as a tool to keep an eye on my nutrition, and if I see a day where the calories are on the order of 3000, then I know I may have eaten even more than that.*  *In my professional life, well… I don’t really have a traditional professional life right now, but I am working on a data analysis project that uses that Pandas dataframe extensively, so I’m quite familiar with tables in that regard.* | | |