**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:** 16/08/22 | **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:   * 15/8 - breakfast: 2k, rice cake * 15/8 - lunch: 5k, milk * 15/8 - dinner: 22k, noodles + egg + sausage + seaweed snack * 16/8 - breakfast: 0k, nothing * 16/8 - lunch: 99k, hot pot | | |
| **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?   *In the morning, I would like to eat less than in lunch or dinner*   * Are there factors that influence your decision-making?   *Time, cost*   * Is there anything you identified that might influence your future behavior?   *Yes, it is the moment. In the morning, I do not have too much time for meal so I eat more at lunch and breakfast* | | |