Learning Log: Explore data from your daily life

	Course/topic: Course 1: Foundations: Data, Data Everywhere
Date: 2023-07-02	Learning Log: Explore data from your daily life
The noticed problem is - number of steps that is taken daily. It is known that the person works Monday - Friday from 8:00 to 17:00.	
A list	- June's daily steps - Most active hour during the day - The steps goal for a day is 10000
Reflection:	
Questions and responses:	**Are there any trends you noticed in your behavior?** It was calculated how many days the most active hour is past 17:00 o'clock. The result is - 15. However, June had 8 days of weekends, which means that these days are irrelevant. So, 15 days out of 22 the most steps were made after 17:00 o'clock. **Are there factors that influence your decision-making?** The fact that a person works until 17:00 means that the most active hours must be after 17:00 o'clock. To be more physically active it should plan it everyday in the evening, one hour of walking to reach the goal.

Total steps and Day relation

Day and Most active hour ratio