# Recommendations

I have a few recommendations for anyone trying to duplicate this project. First of all, a survey is a very difficult way to collect data. There is some bias involved and you have to rely greatly on the test subjects. Next time, there needs to be a more precise way to collect quantitative data. Also, the effectiveness of caffeine is based on many factors, not just amount of consumption. Someone has to take into account the rate of absorption, rate of metabolism, body weight of the person, and the person’s daily routine like how much food they eat or their sleeping habits. Other than that, the experiment is very easy to recreate and if these recommendations are given a lot of thought, the results could be spectacular.