**Learning Log: Think about data in daily life**

**Instructions**You can use this document as a template for the learning log activity: Think about data in 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: Think about data in daily life](https://www.coursera.org/learn/foundations-data/supplement/yW748/learning-log-think-about-data-in-daily-life).

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| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere |
| **Learning Log:** Think about data in daily life |
| **Everyday data** | Create a list of at least five questions:  1.what is the best time to wake up  2. how much early should I leave home for class  3. how much sleep should I get  4. when is the best time for studying  5. how much time do I spend wasting |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. |
| **Questions and responses:** | Now, select one of the five questions from your list to explore.  *Selected question*: *Type your response here*   * What are some considerations or preferences you want to keep in mind when making a decision?   *The effect and the outcome of the decision. The more important it is the more impactful the decision.*   * What kind of information or data do you have access to that will influence your decision?   *I have the sleeping time log from my smart band*   * Are there any other things you might want to track associated with this decision?   *Want to track my sleeping schedule and the quality of my sleep* |