



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](#).

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| Date: 11.10.2022 | 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. How many calories do I eat daily? 2. How many calories do I eat daily how many hours do I exercise 3. What is the most productive time of the day for me? 4. What days do I usually go to the gym? 5. What time do i eat the first meal of the day |
| 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. <i>Selected question: Type your response here</i> <ul style="list-style-type: none">What are some considerations or preferences you want to keep in mind when making a decision? <i>Instant health and fitness. What time of day I am and whether I am making a physical effort.</i>What kind of information or data do you have access to that will influence your decision? <i>I have almost all the information about myself and the foods I will consume.</i>Are there any other things you might want to track associated with this decision? <i>I would like to keep up to date with my weight and body form.</i> |