

48 HOUR NATURE EXPERIMENT

1# Your Choice Assignment

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E110

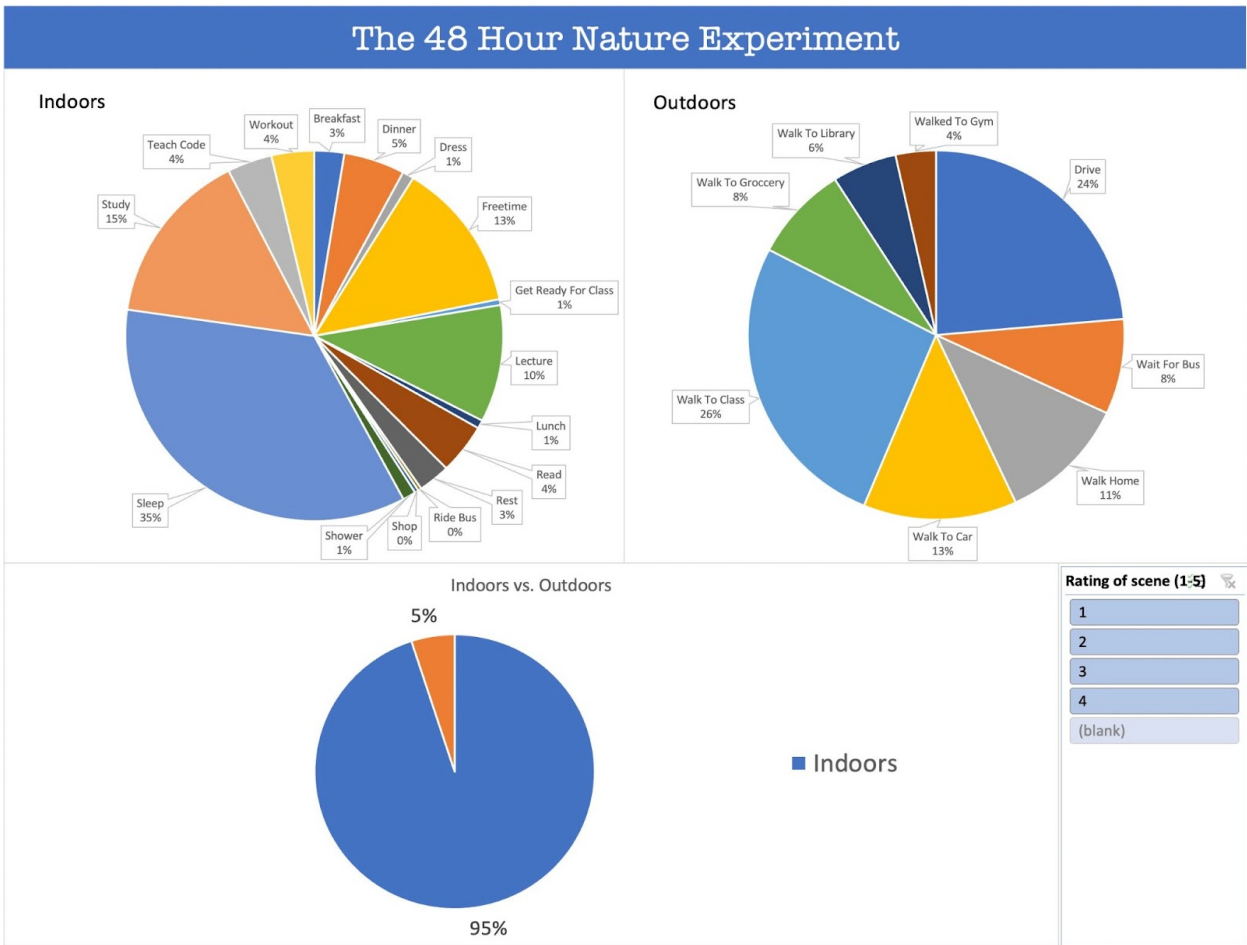


Table of Contents

<i>Title Page.....</i>	<i>1</i>
<i>Table of Contents.....</i>	<i>2</i>
<i>Tables</i>	
<i>Table 48 hours.....</i>	<i>3</i>
<i>Table Indoors.....</i>	<i>4</i>
<i>Outdoors.....</i>	
<i>Pivot table image.....</i>	<i>5</i>
<i>Dashboard Image.....</i>	
<i>Reflection.....</i>	<i>6</i>

48 Hours Tracking Table

The start time is also the end time of last activity

Time of Day	Activity	Hours:Mins	Outdoors or indoors	Rating of scene (1-5)	notes
7:00 AM	Shower	0:23	Indoors		
7:23 AM	Dress	0:11	Indoors		
7:34 AM	Breakfast	0:36	Indoors		I cook Breakfast and lunch at the same time
8:10 AM	Study	3:50	Indoors		
12:00 PM	Rest	0:20	Indoors		
12:20 PM	Get Ready For Class	0:14	Indoors		
12:34 PM	Walk To Class	0:20	Outdoors	2	
12:54 PM	Lecture	1:21	Indoors		
2:15 PM	Walk To Class	0:05	Outdoors	2	
2:20 PM	Lecture	1:25	Indoors		
3:45 PM	Study	1:35	Indoors		
5:20 PM	Walk To Car	0:19	Outdoors	4	
5:39 PM	Drive	0:17	Indoors	3	
5:56 PM	Dinner	1:39	Indoors		
7:35 PM	Drive	0:17	Indoors	2	
7:52 PM	Freetime	2:08	Indoors		
10:00 PM	Read	1:00	Indoors		
11:00 PM	Sleep	8:00	Indoors		
7:00 AM	Shower	0:08	Indoors		
7:08 AM	Dress	0:16	Indoors		
7:24 AM	Breakfast	0:34	Indoors		I cook Breakfast and lunch at the same time
7:58 AM	Wait For Bus	0:12	Outdoors	2	Bus stop is right infront of house
8:10 AM	Ride Bus	0:08	Indoors		
8:18 AM	Walk To Class	0:03	Outdoors	1	
8:21 AM	Lecture	1:54	Indoors		
10:15 AM	Teach Code	1:45	Indoors		
12:00 PM	Lunch	0:20	Indoors		
12:20 PM	Walk To Library	0:08	Outdoors	3	
12:28 PM	Study	1:32	Indoors		
2:00 PM	Walk To Class	0:10	Outdoors	4	
2:10 PM	Walked To Gym	0:05	Outdoors	2	Walked to class and realized there was no class
2:15 PM	Workout	1:40	Indoors		
3:55 PM	Walk Home	0:13	Outdoors	3	
4:08 PM	Rest	0:55	Indoors		
5:03 PM	Walk To Grocery	0:12	Outdoors	2	
5:15 PM	Shop	0:09	Indoors		
5:24 PM	Walk Home	0:03	Outdoors	2	
5:27 PM	Dinner	0:44	Indoors		
6:11 PM	Freetime	3:49	Indoors		
10:00 PM	Read	1:00	Indoors		
11:00 PM	Sleep	8:00	Indoors		
	TOTAL =	48:00			

Indoor Table

Tracked indoor activities. Note gave vehicle time a rating despite being indoor time

Time of Day	Activity	Hours:Mins	Outdoors or indoors	Rating of scene (1-5)	Notes
7:00 AM	Shower	0:23	Indoors		
7:23 AM	Dress	0:11	Indoors		
7:34 AM	Breakfast	0:36	Indoors		
8:10 AM	Study	3:50	Indoors		
12:00 PM	Rest	0:20	Indoors		
12:20 PM	Get Ready For Class	0:14	Indoors		
12:54 PM	Lecture	1:21	Indoors		
2:20 PM	Lecture	1:25	Indoors		
3:45 PM	Study	1:35	Indoors		
5:39 PM	Drive	0:17	Indoors	3	
5:56 PM	Dinner	1:39	Indoors		
7:35 PM	Drive	0:17	Indoors	2	
7:52 PM	Freetime	2:08	Indoors		
10:00 PM	Read	1:00	Indoors		
11:00 PM	Sleep	8:00	Indoors		
7:00 AM	Shower	0:08	Indoors		
7:08 AM	Dress	0:16	Indoors		
7:24 AM	Breakfast	0:34	Indoors		
8:10 AM	Ride Bus	0:08	Indoors		
8:21 AM	Lecture	1:54	Indoors		
10:15 AM	Teach Code	1:45	Indoors		
12:00 PM	Lunch	0:20	Indoors		
12:28 PM	Study	1:32	Indoors		
2:15 PM	Workout	1:40	Indoors		
4:08 PM	Rest	0:55	Indoors		
5:15 PM	Shop	0:09	Indoors		
5:27 PM	Dinner	0:44	Indoors		
6:11 PM	Freetime	3:49	Indoors		
10:00 PM	Read	1:00	Indoors		
11:00 PM	Sleep	8:00	Indoors		

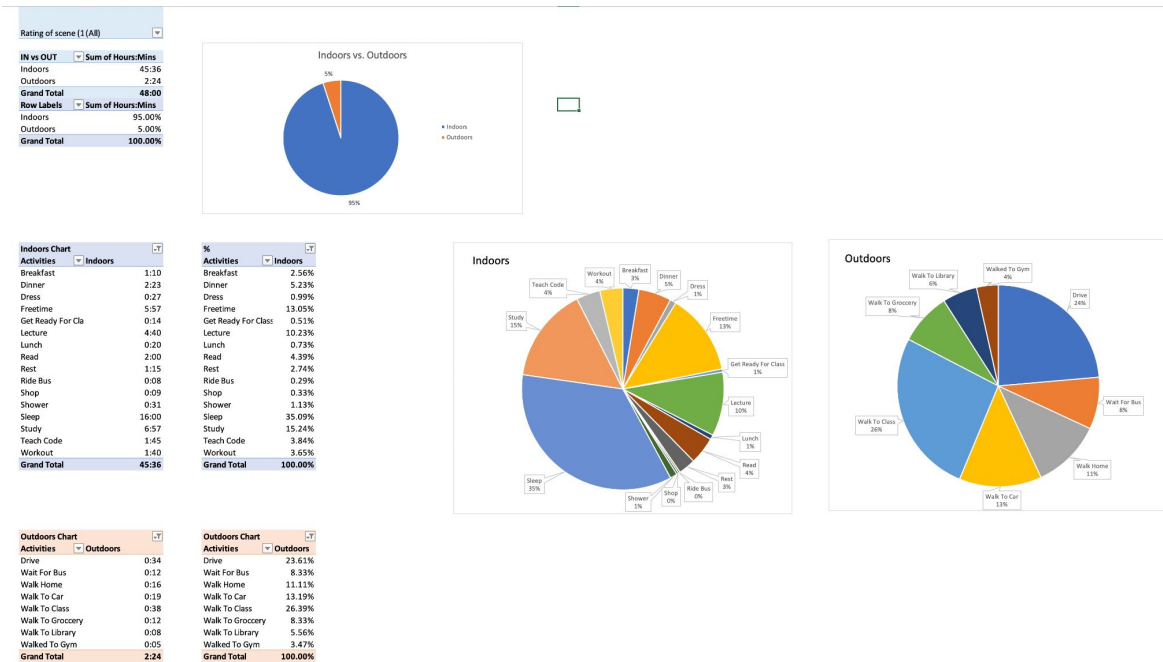
Outdoor Table

Mostly walking

Time of Day	Activity	Hours:Mins	Outdoors or indoors	Rating of scene (1-5)	Notes
12:34 PM	Walk To Class	0:20	Outdoors	2	King street
2:15 PM	Walk To Class	0:05	Outdoors	2	School Campus
5:20 PM	Walk To Car	0:19	Outdoors	4	Through Park
7:58 AM	Wait For Bus	0:12	Outdoors	2	Outside appartment
8:18 AM	Walk To Class	0:03	Outdoors	1	School Campus
12:20 PM	Walk To Library	0:08	Outdoors	3	School Campus
2:00 PM	Walk To Class	0:10	Outdoors	4	School Campus
2:10 PM	Walked To Gym	0:05	Outdoors	2	School Campus
3:55 PM	Walk Home	0:13	Outdoors	3	King street
5:03 PM	Walk To Grocery	0:12	Outdoors	2	King street
5:24 PM	Walk Home	0:03	Outdoors	2	King street

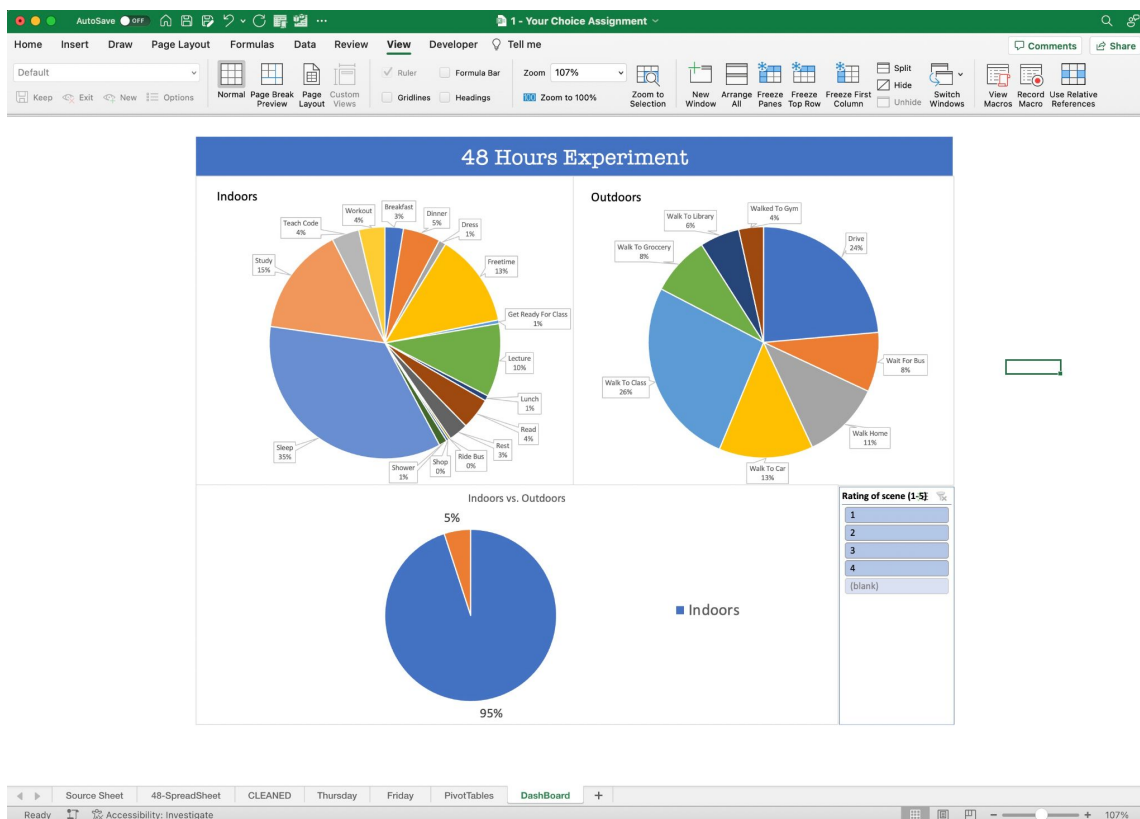
Pivot tables

Excel feature that allows data processing



Dashboard

Responsive design will allow the user to highlight the outdoor times based on rating system



Reflection

In my 48-hour experiment, I tracked all my activities both indoors and outdoors to see if spending time in green spaces, outside in nature, and around trees would contribute to having a better mood. As a computer science major who wants to study data science, I was excited to use Excel as a tool to track my time.

Growing up, I always loved animals and nature, especially because of a book series called "Weird But True." I hope to work in a field that combines my passion for nature and my interest in data science, such as research or medical related fields.

During the 48 hours, I spent 5% of my time outdoors, equivalent to 2 hours and 24 minutes. I rated my experiences on a scale of 1-5 based on how I felt and created pivot tables to draw conclusions about nature's effect on my overall mood and how I spent my time. I even used skills learned in my data classes to develop a dashboard to display the data.

In contrast, 45 hours and 36 minutes were spent indoors. As it is winter, I don't get many outdoor activities. I think that I would benefit from more time outside, but the problem is time. With weekly assignments and classes, it is hard to get outside. I even bought a frisbee for the fall term that I never used. I find that at least going to the gym keeps me happy and going.

My day is mostly spent in non-natural environments, so I don't get enough exposure to nature when I am outside. I think that I get more outdoor activity on the weekends, but it is not enough to compensate for the shortfalls on weekdays. I believe that I would benefit from incorporating more outdoor activities throughout the week as well. However, I have noticed that even just a few minutes of staring at greenery (even out of a vehicle window) made me feel much better. I believe the problem of nature deficit disorder, as described by Richard Louv, is real. I've always noticed that I run better after surrounding myself with nature. I just generally feel more motivated and happier. I think that I need to spend more time doing fun outdoor activities. In an ideal life, I would spend plenty of time outdoors with the people I care about. Some studies even show that having a plant next to your desk can make you more creative (even if the plant is fake!) Simply put, beautiful scenery and nature makes me appreciate life and makes me ponder if there really is some artist that created reality.

Overall, my experiment showed that spending time in green spaces, outside in nature, and around trees does contribute to having a better mood. I would like to spend more time doing fun outdoor activities and get more exposure to nature, but time constraints and my computer science coursework make it difficult. However, I am determined to find ways to incorporate more outdoor activities into my daily routine, such as going for a walk or bike ride on weekends and finding ways to incorporate nature into my daily routine.

(I attached my spreadsheet)