**Object: Table**

The table has a wooden top with some shine. The table has four iron legs that are connected to each other in the middle of the table. The table has the shape of a rectangle. The table is made of eight long wooden planks glued together. On the right side of the table are four chairs and on the left side of the table is a couch. On the table is an iron circle with two pink and one white vases containing some red and white flowers. There is also a candleholder and some wooden felts to put your drink on.

**Quantification:**

* Wood
* Eight planks
* Brown
* Shiny
* Light brown
* Black
* Rectangle
* Four iron legs
* 1 x 3 x 0.2 Meter
* 0.3 – 0.9 g/cc

**Data-driven research question:**

What factors (Frequency of use, type of finish) most influence the rate of the surface wear on a wooden table?

**Phenomenon: Breating**

Breathing is a biological phenomenon that involves the movement of air in and out of the lungs, allowing organisms to take in oxygen and expel carbon dioxide. It is essential for life and occurs in nearly all aerobic organisms. It can be regulated by both voluntary and involuntary processes, ensuring that the body’s cells receive the oxygen needed to produce energy. Environmental factors, physical conditions, and emotional states all influence the rate and depth of breathing. Furthermore, breathing plays a significant role in both physical health and mental well-being, making it a subject of interest in fields ranging from biology to psychology and mindfulness practices.

**Quantification:**

* 20 breaths per minute
* 30-60 seconds breath-hold time
* ~ 600 mL tidal volume
* ~ 4.800 mL vital capacity
* ~ 6.000 mL TLC (Total Lung Capacity)
* ~ 1.200 mL RV (Residual Volume)
* ~ 0.2 – 0.3 J/L WOB (Work of Breathing)
* ~ 1.200 mL ERV (Expiratory Reserve Volume)
* 2.000 – 3.000 mL IRV (Inspiratory Reserve Volume)
* 400-700 L/min PEF (Peak Expiratory Flow)

**Data-driven research question:**

How does the number of breaths per minute affect levels of anxiety?