**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).

| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere | | |
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| **Learning Log:** Think about data in daily life | | |
| **Everyday data** | Create a list of at least five questions:   1. How many songs do you listen to each day? 2. When is the most popular time to walk your dog? 3. How often do you use the restroom? 4. How many keystrokes do you type per day? 5. How does your physical activity fluctuate through the week?   Now, select one of the five questions from your list to explore.  *Selected question*: *How does your physical activity fluctuate through the week?* | | |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. | | |
| **Questions and responses:** | * What are some considerations or preferences you want to keep in mind when making a decision?   *First is considering what physical activities look like based on different abilities. We also need to consider consistent tracking mechanisms and metrics. It would be preferential to have a wide and diverse set of demographic data. By location (global), ethnicity, race, sex, gender, and all other identities. The more inclusive we make it, the better we understand how physical activities differ across the spectrum of intersections.*   * What kind of information or data do you have access to that will influence your decision?   *Health and activity data is difficult to get when not working directly in or around the healthcare space. Not only that, we must ensure security and anonymity and protection from marketing agencies. What we can do is access what the CDC has available here:* [*Link to CDC*](https://www.cdc.gov/physicalactivity/data/inactivity-prevalence-maps/index.html)   * Are there any other things you might want to track associated with this decision?   *I would want to track the type of activity, how long it was, and whether that person identifies their relationship with physical activity to their mental health. It would be interesting seeing how the two may correlate. I would also want to track things related like: income, housing situation, etc. The more information we have on how someone lives their regular life, we may be able to present opportunities to improve their long term health.* | | |