**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:** 07/19/2022 | **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. What is the best time to go to the gym?  2. How does the length of your commute to work vary by day of the week?  3. How many cups of coffee do you drink each day?  4. What flavor of ice cream do customers buy?  5. How many hours of sleep do you get each 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.  *Selected question*: *How many hours of sleep do you get each day?*   * What are some considerations or preferences you want to keep in mind when making a decision?   *When do I go to be and wake up? How much time am I awake, in light sleep, deep sleep, and REM sleep? What’s my resting heart rate at while sleeping? What’s the noise level of my room while I’m sleeping?*   * What kind of information or data do you have access to that will influence your decision?   *I would like to know what days of the week I sleep the best. I would also like to see if there is a correlation between previous nights rest and proceeding nights.*   * Are there any other things you might want to track associated with this decision?   *Do I get better sleep when my fiance is also in bed with me, or is it better when they’re awake through the night? Do I get a more sound sleep after exercising in the morning, evening, or not at all?* |