**Learning Log: Explore data from your daily life**

**Instructions**You can use this document as a template for the learning log activity: Explore data from your 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: Explore data from your daily life](https://www.coursera.org/learn/foundations-data/supplement/RNx3Z/learning-log-explore-data-from-your-daily-life).

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| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere |
| **Learning Log:** Explore data from your daily life |
| **Create a list** | Create a list exploring an area of your daily life and include details, such as the date, time, cost, quantity, size, etc: How I have lunch at work   * Feb. 22nd - 8 AM - Preps lunch and bring it to work: rice & vegetable, food * Feb. 23rd - 8h10 AM - Preps lunch and bring to work: : rice & vegetable, food * Feb. 24th - 11h AM - Mama makes lunch when being petechial fever: noodles or rice gruel * Feb. 27th - 11h55 - Go out for lunch with colleagues: soft noodles * Feb. 28th - 11h55 - Go out for lunch with colleagues: noodle soup * March. 1st - 11h55 - Go out for lunch with colleagues: noodles and chopped grilled meat * March. 2nd - 11h55 - Go out for lunch with colleagues: noodles * March. 3rd - 11h55 - Go out for lunch with colleagues: noodles * March. 6th - 11h55 - Go out for lunch with colleagues: noodles * March. 7th - 12 AM - Buy rice in the Canteen: rice & vegetables, food * March. 8th - 12 AM - Have lunch with snack food at work with colleagues: pizza, chips, tea |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. |
| **Questions and responses:** | * Are there any trends you noticed in your behavior?   *Before I was being petechial fever, I often prepare and bring lunch to work*  *After that, I had lunch with my colleagues by going out or ordering at the canteen*   * Are there factors that influence your decision-making?   *My health and working progress status influenced my decision-making*   * Is there anything you identified that might influence your future behavior?   *It will take a short time to return to my habit of lunch preparation from home and bring it to work.* |