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.

Date: 05AUG2024	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. How does the amount of water I drink affect my daily energy and focus? 2. What day of the week do I typically have the most leisure time? 3. How does the temperature affect my productivity throughout the day? 4. How do different types of music influence my concentration while working? 5. How do my spending habits vary by month?
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. How does the amount of water I drink affect my daily energy and focus? - What are some considerations or preferences you want to keep in mind when making a decision? I need to determine how much water I should drink to maintain optimal energy and focus. Additionally, I also need to determine how to integrate this tracking into my current daily routine and define clear metrics for assessing my energy and focus levels. - What kind of information or data do you have access to that will influence your decision? I can track my daily water intake and monitor my energy levels and focus through written logs. I can also track other health and performance

	metrics from my smart watch that could add additional datapoints to analyze the impact water consumption levels have on my overall well-being.
	• Are there any other things you might want to track associated with this decision? I should also track other factors that might impact my energy levels and focus. This would include sleep length and quality, diet, and exercise. Additionally, tracking heart rate and stress levels could offer further insights into how water intake impacts overall health.