**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:** <15.01.2022 > | **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:  Morning breakfast meals in the last five days   * 15.01.2022: Two pizzas and 1 onion ring * 14.01.2022: Espresso and cereals * 13.01.2022: Espresso and cereals * 12.01.2022: Espresso and cereals * 11.01.2022: 4 slices of breads with salmon and eggs |
| **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?   *Yes, there are. It seems that the trends appearing from that morning behavior is that the types of the meals I consume contain milks with some high-protein dishes*   * Are there factors that influence your decision-making?   *Yes, there are. Since I am having the breakfast with my little son, I should sometimes eat a food that looks similar to his so that he could be also excited in having the breakfast. Milk and cereals are some of his favorite breakfast meals.*   * Is there anything you identified that might influence your future behavior?   *I don’t that there will be a significant influence in the near future that might affect my behavior in enjoying my breakfast* |