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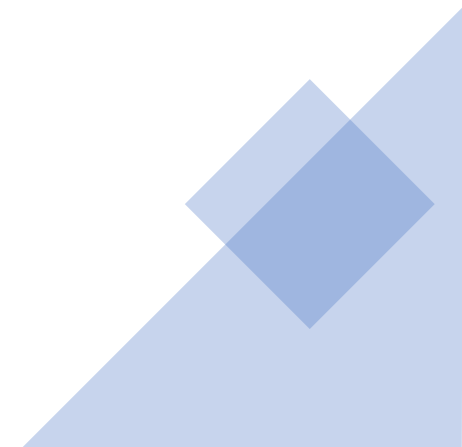
3. Data in your everyday life



Create a list

Before the production, pick one area of your everyday life you would like to explore further. Think about how many times in the past few weeks you made decisions about anything related to this area. Then, create a list and include details, such as the date, time, cost, quantity, size, etc. Try to focus on things that can be represented by a number or category.

Here are a few thought-starters:

- Number of cups of coffee you drink daily
 - Popular workout times at the gym
 - Nightly bedtime
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For example, you could create a list exploring your daily coffee intake like this:

Daily coffee intake

- Jan. 8th 8 am - bought coffee - one 10 oz. cup
- Jan. 8th 10 am - made coffee at home - one 12 oz. cup
- Jan. 9th 8 am - bought coffee - mug
- Jan 10th 11 am - bought large coffee - 20 oz.
- Jan 11th 8 am - made coffee at home - mug
- This example includes a few different details like date and time, whether the coffee was purchased or homemade, and the quantity. You can choose to focus on any area of your life you want and track the details you are interested in exploring.