1. Fitbit (or Apple Health)

Type: Automatic. This data source is automatic because it relies on wearable devices like Fitbit or the apple watch to continuously track physical activity.

How the data is collected: The data will be collected automatically through a Fitbit or the Apple health app, which uses wearable devices such as smartwatches or rings to measure physical activity. I can later export this data from the app for analysis.

Interval: The data is collected instantaneously for metrics such as heart rate and daily activities like steps taken or calories burned.

Attributes: The key attributes include steps taken, heart rate, calories burned, sleep quality, and durations of various exercises.

Why I chose this source: I chose this data source because I want to analyze my physical activity patterns and identify if there are specific days or times when I am more or less active. Personally, I use a watch or an app to track my sleep so that's another reason why. Additionally, I want to learn how my activity levels correlate with my overall well-being and sleep quality. I wanted to know if my sleep schedule interferes with my other activities.

2. Netflix Usage Data

Type: Automatic. This data source is automatic because Netflix tracks and stores your viewing history without requiring any manual input.

How the data is collected: Netflix provides a feature to download your viewing history, which includes timestamps showing when you watched specific shows or movies.

Interval: The data is recorded every time I watch a show or movie, so it provides detailed insights into my viewing habits or behaviors.

Attributes: The attributes of this dataset include the duration of viewing, the titles of shows and movies watched, and even timestamps indicating when each activity occurred.

Why I chose this source: I chose this data source because I want to explore how my screen time changes throughout the week. I am also interested in analyzing whether my viewing habits have any impact on my productivity or sleep patterns. I also am on Netflix pretty often so it's something I thought about doing before even seeing some of the examples.

3. Daily Study Hours

Type: This data source is manual because I will need to record the data myself by noting my study sessions in a log or spreadsheet (I usually do it on physical sticky notes and the digital one for my laptop).

How the data is collected: I would manually track my study hours by recording the start and end times of each study session in a spreadsheet.

Interval: This data will be collected daily to ensure consistency and provide insights into my overall study habits. It could potentially help pointing out flaws and where I'd need to improve.

Attributes: The data will include the start time, end time, total hours studied, and the subjects I focused on during each session. I also usually record the assignments and their due dates.

Why I chose this source: I am interested in this data source because I want to evaluate how consistent my study habits are. And if other factors such as bad sleep or high screen time might affect these habits. I also want to identify the times of day when I am most productive.