

Initially I want to state that there is no possible way of there being bias or unethical behaviors in the data that I collect. After all, it is just a simple collection of how my day went (amount of sleep, exercise, and food). But when recording the amount of sleep or exercise I've been getting is often a reality hit and makes me think that this is not enough sleep or exercise I should be getting. I haven't written any invalid data yet, but I have thought of doing it just for the sake of me having that false satisfaction of a lie. Peer review would always be beneficial for a lot of work, I don't see where that case would go toward a negative outcome. Peer review is often for improving a draft of work to make sure that the author or the creator of that work is really focusing on their objective. Benefit from peer review with my body data would be a second verification of the data that I am collecting. Sometimes I forget what food I ate for the day, so I often ask my parents what we had for dinner.