

1. Food consumption
  - I love food, but this pandemic has truly tested my love for food by seeing it as a hobby I love and eating out of necessity. There have been times where I have gotten either lazy or don't know what to eat, leading me to make poor food choices
2. Sleep length
  - For the last two weeks, I have been sleeping later than 1 AM and I just know I am more tired because of it. Maybe this data collection will help me reflect more. This will be measured by hours
3. Amount of exercise
  - With the weather getting better, I slowly started to go outside and play basketball again. This will be measured by hour(s)

Data will be in numbers for the sleep length and amount of exercise. Food consumption can easily be logged as I type what I eat for breakfast, lunch, and dinner. It would be beneficial if I could break down what I ate so I should log everything in detail and the amount of each food (like cups), if possible. A google spreadsheet should make it easy to log the information. Logging information every day should not be too hard as I could do the sleep length every time I wake up, food consumption during the day, and the amount of exercise at the end of the day.