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MBC638
Final Project
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Data Measurement Plan

Measure Name	Data Type	Operational Definition	Stratification Factors	Sampling Notes	How
Date	Discrete	The date of sample collection using the Gregorian calendar.	Day of week, day type	Specified at the beginning of the day, just after wake up time.	Calendar, cell phone, computer
Water intake	Continuous	The amount of water in ounces that I have consumed each day, from the time I have woken up to the time I have gone to bed.	N/A	Sample taken at the end of the day just before bed time	Water bottle with markers from 0 to 32 oz
Day type	Discrete	Binary indicator of whether the sample date is a weekday or a weekend. Weekdays are Monday, Tuesday, Wednesday, Thursday, and Friday. Weekends are Saturday and Sunday.	Weekday, weekend	Specified at the beginning of the day, just after wake up time.	Calendar, cell phone, computer
Amount of coffee	Continuous	The amount of coffee in ounces that I have consumed, rounded to the nearest whole number, on the specified day, beginning at midnight central and ending at 11:59 p.m. CT.	N/A	Sample taken at the end of the day just before bed time	Will determine amount of ounces for each individual container. If provided, will use the amount printed on the container.
Amount of tea	Continuous	The amount of tea I have consumed, in ounces, from the beginning of the day (12:00 a.m. CT) to the end of the day (11:59 p.m. CT).	N/A	Sample taken at the end of the day just before bed time	Will determine amount of ounces for each individual container. If provided, will use the amount printed on the container.
Amount of alcohol	Continuous	The amount of alcohol I drank during the sample date, in ounces, rounded to the nearest whole number. This measurement begins at 12:00 a.m. CT and ends at 11:59 p.m. CT on the sample date.	N/A	Sample taken at the end of the day just before bed time	Will determine amount of ounces for each individual container. If provided, will use the amount printed on the container.
Amount of exercise	Continuous	The number of minutes I excercised during the sample day. This includes any activity where my heart rate is increased for at least 10 minutes, rounded to the nearest 15 minute interval.	N/A	Sample taken at the end of the day just before bed time	Cell phone, Flyght app, Dragonfly app
Wake up time	Continuous	The time in Central Time at which I woke up on the sample date, rounded to the nearest 15 minute interval.	Day of week, day type	Determined at the beginning of the day, as soon as I wake up	Cell phone
Bedtime	Continuous	The time in Central Time at which I went to sleep on the sample date, rounded to the nearest 15 minute interval.	Day of week, day type	Determined at the end of the sample day, as soon as I go to bed	Cell phone
Had Class	Discrete	Yes or no answer indicating whether or not I had class, using the date of the sample.	Day of week, day type	Recorded at the end of the day, before bed time.	2SU
Number of meals	Discrete	Number of meals I have eaten during the specified day. Snacks are not included in this metric.	2 or more, less than 3	Recorded at the end of the day, before bed time.	Will calculate by hand
Number of steps	Continuous	The number of steps I have taken each day, from the time I have woken up to the time I have gone to bed.	More or less than 6,000	Recorded at the end of the day, before bed time.	Google Fit app
Temperature	Continuous	The highest temperature of the sample day in Farenheit.	At or above freezing	Sample taken in the middle of the day, when the temperature is at it's peak.	Google Weather app
Traveling	Discrete	Yes or no answer indicating whether or not I have traveled during the sample date. This includes spending the night at a destination outside of my home, flying in a plane, riding on a train or bus, and/or taking a car ride over 3 hours.	N/A	Recorded at the end of the day, before bed time.	Gmail calendar