



Learning Log: Explore data from your daily life

Instructions

You can use this document as a template for the learning log activity: Explore data from your daily life. Type your answers in this document, and save it on your computer or Google Drive.

We recommend that you save every learning log in one folder and include a date in the file name to help you stay organized. Important information like course number, title, and activity name are already included. After you finish your learning log entry, you can come back and reread your responses later to understand how your opinions on different topics may have changed throughout the courses.

To review detailed instructions on how to complete this activity, please return to Coursera: [Learning Log: Explore data from your daily life](#).

Date: 23/05/2023	Course/topic: Course 1: Foundations: Data, Data Everywhere
	Learning Log: Explore data from your daily life: number of cups of water I drink daily
Create a list	Create a list exploring an area of your daily life and include details, such as the date, time, cost, quantity, size, etc: <ul style="list-style-type: none">• 12.30pm drink 300ml water• 13.30pm drink 150ml water• 2pm drink 150ml water• 4.30pm drink 330ml coke zero• 7pm drink 300ml water
Reflection:	Write 2-3 sentences (40-60 words) in response to each of the questions below.
Questions and responses:	<ul style="list-style-type: none">• Are there any trends you noticed in your behavior? <i>On average, I drink 300ml of water every 2 hours. After I drink a coke zero, I'm not that willing to drink water.</i>• Are there factors that influence your decision-making? <i>If I should drink at least 2000ml water per day, and I just drink 300ml of water every 2 hours, I need 12 hours to achieve the goal everyday. In this case, I should at least drink 400ml of water every 2 hours.</i>• Is there anything you identified that might influence your future behavior? <i>Type your response here</i>