

### Suspected Problem Examples

1. In the area of routines & habits, I suspect that parents drink too much coffee because they need it to stay awake. That's a problem because it messes with their sleep cycle and increases their intake of coffee.
2. In the area of routines & habits, I suspect that students eat unhealthy because they lack the resources and time to make healthy food. That's a problem because they have less energy to focus and work efficiently on schoolwork.
3. In the area of routines & habits, I suspect that working adults have trouble focusing because they don't have a good way to schedule tasks. That's a problem because the work takes longer to accomplish and tasks get pushed off for later.

Originally, I suspected that [WHO] [PROBLEM] because [UNDERLYING REASON].  
(copy this from week 1)

After doing research, I observe that [WHO] [PROBLEM] because [UNDERLYING REASON]. This is a problem because [NEGATIVE IMPACT].

So the example from Week 1 becomes:

*Originally, I suspected that college students can't wake up when they want to because they stay up too late the night before.*

**After doing research, I observe that** working college students get poor or little sleep at night **because** they stay up late to socialize after completing all their homework and work tasks. **This is a problem** because too much sleep deprivation starts to erode their quality of life during the day.

Notice that the WHO changed and became more specific. Yours might change, too. And don't worry if your suspected and actual problems don't relate so cleanly like in my example. Just try to capture your actual/observed problem as accurately as possible based on your research findings.