

## 1. What did you track for your mini self-tracking activity?

Were there any challenges you faced?

#I tracked my water intake. This was a simple piece of data to track so I didn't have

Double-click the cell below and click the 'Insert image' icon to paste your evidence of self-tracking (simply take a screenshot of the record you kept); click out of this cell when you are done to see the image.

Double-click here

## 2. Self-experimentation Worksheet to get you to start thinking about what you want to track for your first critical essay.

Go to

[https://www.reddit.com/r/JDM2017/comments/60f1lc/selfexperimentation\\_assignment\\_topics/](https://www.reddit.com/r/JDM2017/comments/60f1lc/selfexperimentation_assignment_topics/)

and browse through the student submissions. You can also refer to the **example** below:

- **Independent variable:** 15-minute morning meditation
- **Dependent variable:** Number of textbook pages read each day
- **Potential confounders:** Household chores may come in the way of completing my reading
- **Research design:** I will read for **7 days without practicing meditation** in the morning; starting on day 8, for the remainder of the experiment, I will **meditate each morning for 7 consecutive days**.
- **Expected findings:** I expect to read more pages on the days when I meditate, as meditation has been associated with increased focus and learning concentration  
(<https://sps.columbia.edu/news/how-meditation-can-help-you-focus#:~:text=Researchers%20at%20the%20Columbia%20University,Improve%20memory%20and%20attention%20span>)

When ready, **answer the questions below**. They will help you come up with a **research design** to conduct your **14-day** long self-experiment. The data from this self-experiment will serve as the basis for your **critical essay** (**due by 11:59 pm October 10; will be available on Blackboard after 12:00 pm tomorrow**).

You can make changes to the variables listed here until the end of **next Tuesday, Sep 20**, by sending an email to Dr. Tacheva ([ztacheva@syr.edu](mailto:ztacheva@syr.edu)) with the word "**Self-experiment**" in the subject line.

## Questions:

**What is your independent variable/protocol?** (You can have more than one, but don't forget Roberts' advice: the simpler, the better)

#Eating breakfast

**What is your dependent variable?**

#Energy level

**What are some potential confounders that might influence the dependent variable?**

#Amount of sleep

**What research design are you planning to use?** Examples include:

- 7 consecutive days without the independent variable/treatment + 7 consecutive days with it
- Alternate treatment days (Day 1 without the IV, Day 2 with it, Day 3 without, etc.)
- Random assignment - each day, you will flip a coin to decide whether to administer the treatment or not.

#7 days of not eating breakfast, 7 days of eating breakfast

**What do you expect to find? (Answering this question will help you come up with a hypothesis)**

#I believe that on the days I eat breakfast,  
#I will have more energy throughout the day

Colab paid products - Cancel contracts here

---

