

Quantified Self – An analysis of your habits and trends of daily life.

Overall: You will be handing in your assignment as a hard copy, along with your data booklet. The majority of your analysis will be done in paragraph form, based on your graphical findings. You will be working with a combination of a word processing program such as Word or Google Docs as well as a data input program such as Excel or Google Sheets. For top marks, you must think critically about what your data means, and how it not only is a representation of your life currently, but also how you can make positive change for the future.

Part 1: DATA

Input your data from your daily journal entries into the provided spreadsheet. Make sure that all entries are in proper form (time converted into decimal notation, all units are in hours, consistency of terms, etc...)

For the last two entries (rows) calculate the AVERAGE and STANDARD DEVIATION of each numerical column; you must refer to these values when writing your report.

Part 2: GRAPHING

A) Graphing Correlations: The most interesting part of this assignment comes from this section. You must make five (5) correlation graphs that compare at least two columns of information. You may choose any combination of data sets for these graphs. You must use a variety of comparisons ranging in both the number of variables and the types of categories used. Your report must show a range of information and use an appropriate graph to demonstrate the data. Of your five graphs, you must use at least three (3) different formats of graphs.

B) Analysis: From your five correlation graphs, choose the best three (3) and write an interpretation paragraph for each. In your final report, you will include ALL five original graphs, and add your analysis of the best three. **This is one of the most important aspects of your assignment, so make it count!** You are looking to answer three categories of questions:

- **What does your data say?** What is the highest value, lowest value, average value, standard deviation, etc.
- **What does your data tell you?** Are the different categories related? Could you go so far as to say that one may cause the other? How do you interpret the data?
- **What will you do with this knowledge?** What changes would you like to make in the future? How do you feel about the data? What aspects of your life are you most proud of?

Part 3: CONCLUSION

In a ~350 word, multi-paragraphed response, discuss the overall interpretations and takeaways from your report. Questions to consider include, but are not limited to: What aspects of your life were surprising? What are you proud of, or feel like you need to work on? What changes do you hope to make in the future? Are there any aspects of this process you may continue in the future? Think critically about your life and the role statistics can play to optimize it.

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