



Project2

The Quantified Self

Will the type and quantity of drinks I buy affect my water intake?

Story

I found that the drinks in my refrigerator never run out, maybe there is not much food, but there must be a lot of drinks, and there is not much water to drink. This seems very unhealthy. So I ask two questions.

Q1:

How many drinks did I buy?

Q2:

How much water do I drink a day?

Data Collection

Type

- Types of drinks
- Daily water intake

Rules

- Data are recorded every three days.
- Drink types were counted as all drinks available on that day, including existing and newly purchased ones.
- Daily water intake was recorded using cups as the unit of measurement.

Method

- Manual Records (Digital Tables)
- Sampling collection
- Hybrid data formats

																
Day1	4	✓	✓						✓	✓				✓		
Day2	2	✓	✓						✓	✓				✓		
Day3	4	✓	✓						✓	✓				✓		
Day4	3	✓	✓						✓	✓	✓			✓		
Day5	6	✓	✓						✓	✓	✓			✓		
Day6	3	✓								✓	✓			✓		
Day7	4	✓						✓	✓		✓		✓	✓		
Day10	3	✓	✓	✓				✓	✓				✓	✓	✓	
Day13	0	✓		✓						✓		✓	✓	✓	✓	
Day17	7				✓	✓	✓		✓			✓	✓	✓	✓	
Day20	5					✓	✓	✓	✓	✓				✓	✓	✓
Day23	5				✓	✓	✓							✓	✓	✓

Conclusion

- When there is tea in the drink, the amount of water will be more consumed;
- Drinking wine is very slow, which has little effect on the amount of water consumed;
- The number of drinks most of the time does not affect my water intake.

Process

Why are there rules for collecting data?

In order to more clearly compare the relationship between the type of drink purchased and the amount of water consumed, I think it is important to unify the unit. At the same time, based on the inability to accurately record how many milliliters were drunk, I created some conditions for data collection.

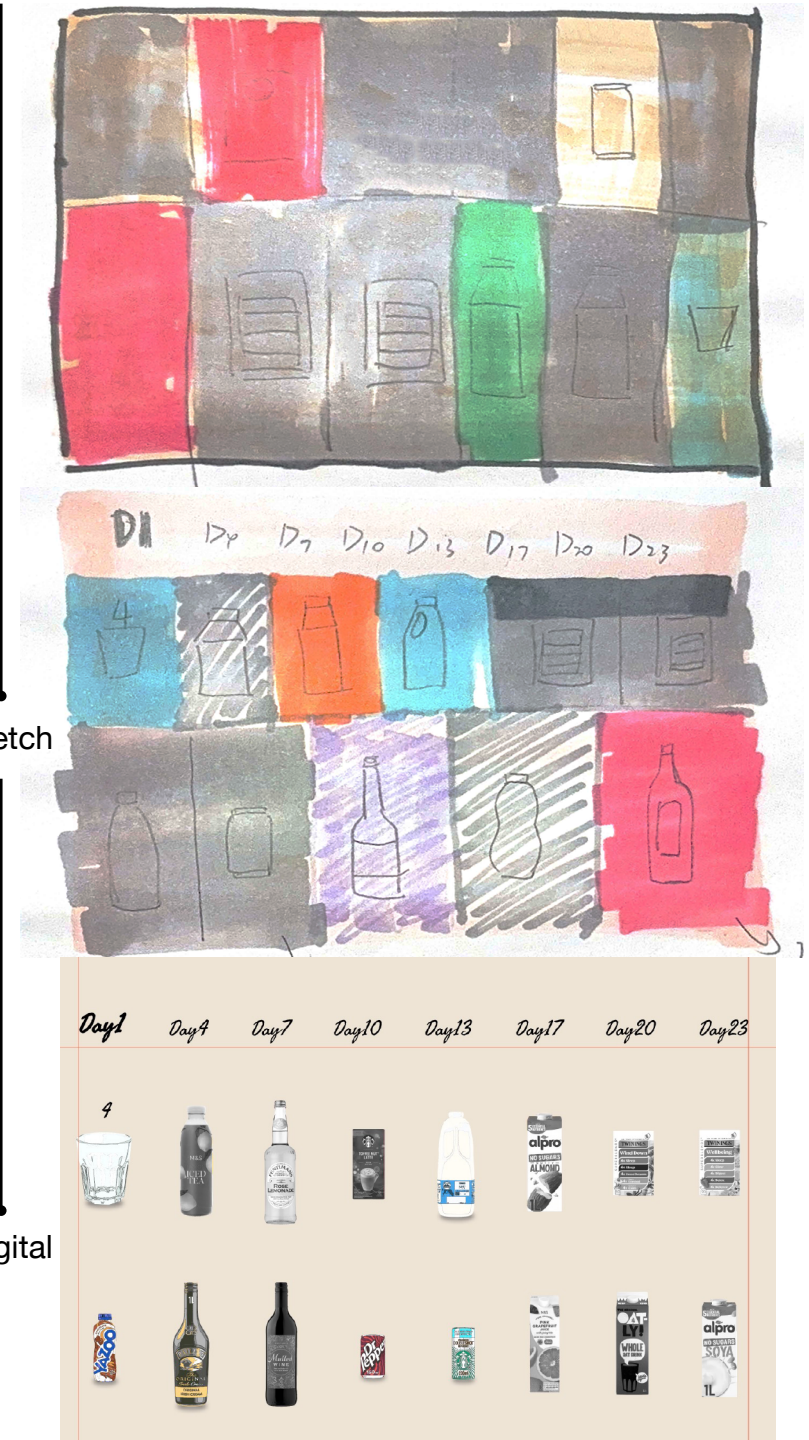
Why is data collected every three days?

I started using tables to record this data. At first, I recorded data for 7 consecutive days, but found that the types of drinks I purchased did not change much, so I changed to 3 days.

Day1	4	✓	✓						✓	✓				✓
Day2	2	✓	✓						✓	✓				✓
Day3	4	✓	✓						✓	✓				✓
Day4	3	✓	✓						✓	✓	✓			✓
Day5	6	✓	✓						✓	✓	✓			✓
Day6	3	✓								✓	✓			✓
Day7	4	✓						✓	✓		✓		✓	✓

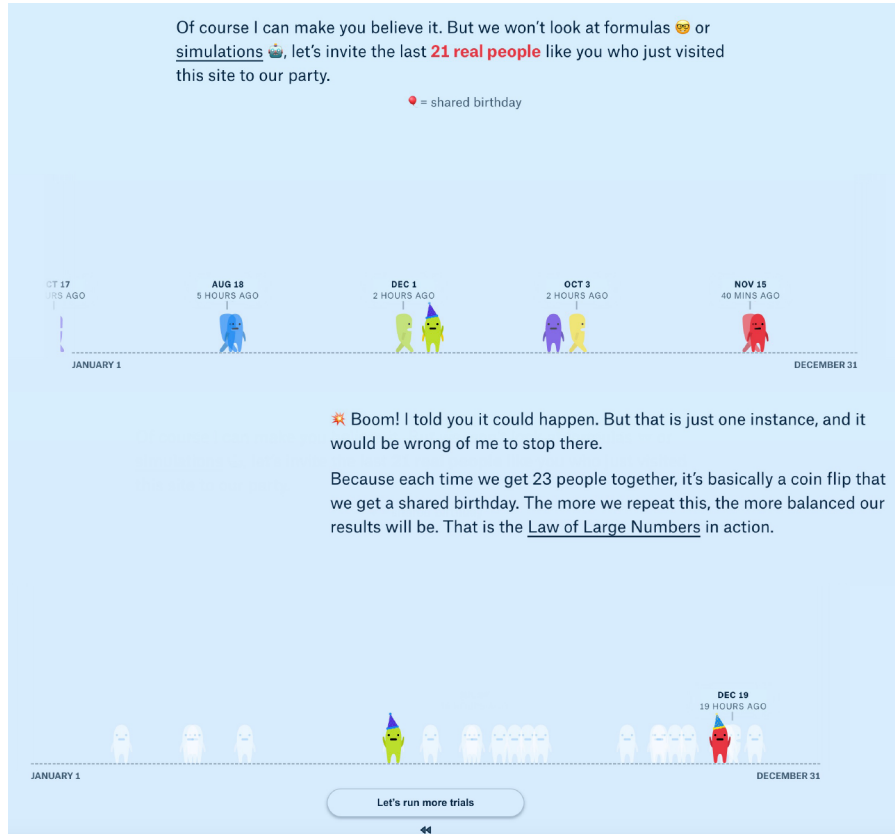


Days when changes occurred



Process

Reference



Birthday Paradox by Russell Samora

<https://pudding.cool/2018/04/birthday-paradox/>

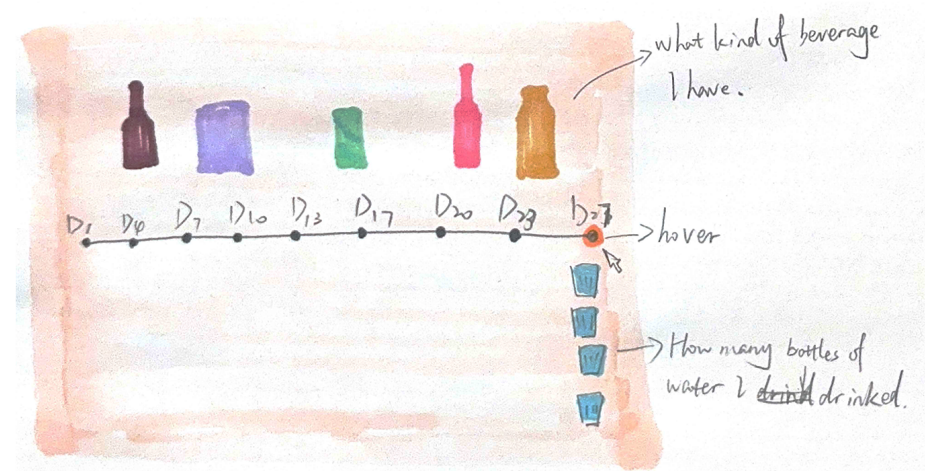
Describe

When people come over, the process is colored, and as the number of people increases, those who do not celebrate their birthdays on the same day will turn white, and only the colors of those with overlapping birthdays will be retained.

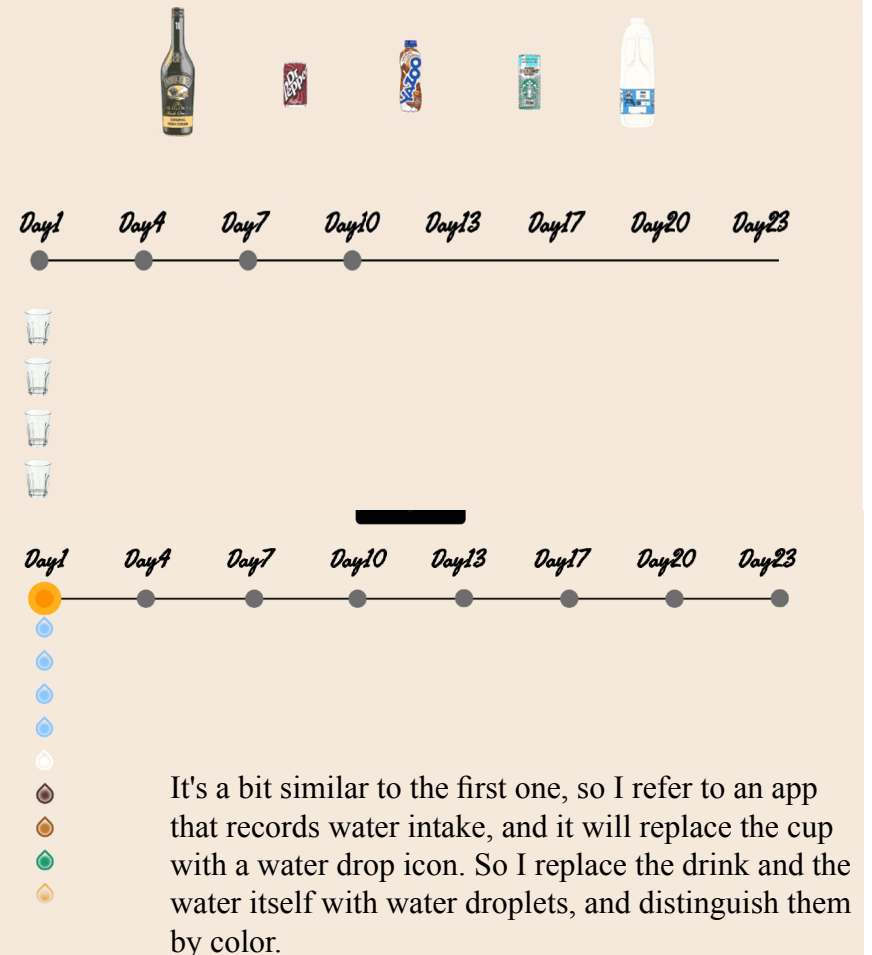
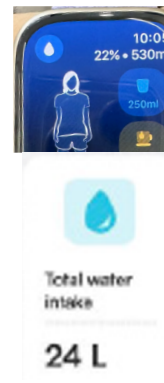
Thinking

This can not only convey the message comprehensively, but also highlight important information. This reminds me of whether this can be achieved in my design through the interactive way of hover.

Sketch



Digital



Outcome

Beverage Dairy


water


baileys


mulled wine


lemonade


Drepper


espresso


latte


chocolate


almond milk


soya


milk


oat drink


juice


lemon tea


wellbeing tea


wind down tea

Start →

<

Day1

Day4

Day7

Day10

Day13

Day17

Day20

Day23



















View Here: <https://shorturl.at/laWVx>

Beverage Menu



















Start →

Day1

Day4

Day7

Day10

Day13

Day17

Day20

Day23





























































































The interactive effect of mouse hover is used, and it is recommended to use a computer to view.

View Here: <https://shorturl.at/OM92O>