

AP Stats 30 Day Project

Student A

Add/Subtract:

My goal was to **add** 15 minutes of exercise into my day by riding my bike. My goal was also to **subtract** the time I spend on Instagram by only spending 1 hour per day on the app.

Throughout the 30 day challenge, my daily progress was documented through my calendar and journal. For the first 7 days, I was unable to complete my goals, but I started to make progress with my goals as the week progressed. Starting March 12th, I began to be more consistent with my goals, and I was able to maintain my goals for the majority of the remainder of the 30 days. As documented on the calendar and journal, it was easier to maintain this routine the more I did it, and I began to feel less stressed out after I was able to get in the habit of exercising and spending less time on my phone. Beginning on March 13th, I noticed improvements in my mood. By taking spending less time on my phone, I was able to enhance my productivity, and I thus felt less stressed out throughout the weeks. From the March 14th to March 25th, I noticed that I was also developing a more consistent sleep schedule. However, starting on March 26th, my schedule began to become hectic, and my sleep schedule was quickly thrown off again. From March 27th to the end of the 30 day challenge (April 2nd), I then noticed slight declines in my mood (ie: feeling more stressed), which was probably due to my inconsistent sleep schedule that reoccurred during this time period. Overall, however, I did notice that following this 30 day challenge allowed for improvements in my productivity (and probably benefits to my overall health as well).

Rationale:

Ever since the start of this school year, I've been drowning in deadlines and swamped with work. I feel like I'm constantly spending so much time on doing my assignments. However, after checking my activity status on Instagram, I found that I was spending around 2 hours per day on the social media app. I then began to hypothesize that my productivity could improve by limiting my activity on Instagram. Aside from that, I've also had a lot of trouble falling asleep (again, due to stress levels). I read online that exercising before you go to bed could help with that. Also, I don't exercise on a consistent, daily basis, so I figured that implementing exercise into my schedule could also work to improve other aspects of my physical health. Throughout the 30 day challenge, I did find that my sleep schedule, as well as my overall mood, was starting to improve with consistent daily exercise. I also found that I was more productive throughout the days that I spent one hour or less on Instagram. However, I found that the exercise became increasingly difficult to implement into my daily schedule towards the end of the 30 days. I found that with increasing amounts of homework and deadlines, my sleep schedule regained its inconsistency.

DAP:

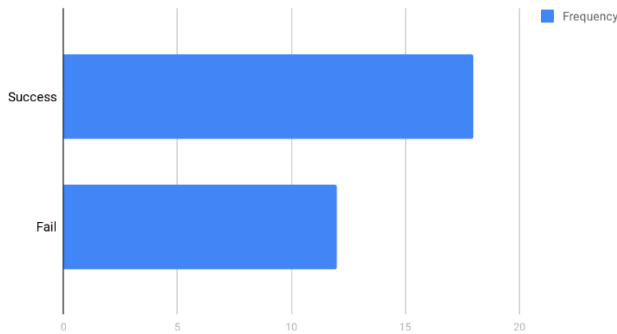
This research aims to investigate my ability to spend either 1 hour or less on Instagram and 15 minutes riding my bike every day over the course of 30 days. I measured the amount of

time that I spent on Instagram by analyzing my activity for each day of the week at the end of the week (on Sunday).

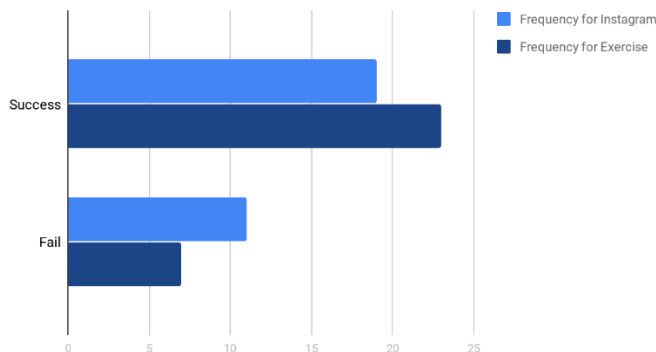


I set a timer for 15 minutes whenever I would ride my bike (normally at around 7pm or 8pm). This was definitely a limitation regarding my data collection method. Instead of setting a required time each day that I had to ride the bike, I could've timed myself each day to see the variation in the amount of exercise that I did. For example, even if I was not riding the bike for 15 minutes, I could have rode it for 13 minutes a day.

Overall Success/Failure Rates



Individual Success/Failure Rates



The mean success rate for spending one hour or less on Instagram was 19/30. The mean success rate for exercising 15 minutes by riding the bike was 23/30. I was successful in completing both of the tasks for 18 out of the 30 days. Furthermore, I was successful in completing at least one of

the two tasks 24 out of the 30 days. Overall, my results showed that I was pretty successful in completing my 30 day challenge. I was able to complete at least one task for the majority of the 30 days. The effects that this challenge had on both my physical and mental health were noticeable; completing this challenge reduced my anxiety and stress while also providing me with some form of daily exercise. This challenge also improved my productivity and time management skills. Future research could be done regarding the amount of stress that I felt every day and how that correlated with the amount of exercise I was doing and the amount of time that I was spending on social media. For example, I could rate my stress everyday on a scale of one to 10, and compare these results to how successful I was at completing the challenges.

Journal and calendar attached.

(on separate document *-not visible*)