

SAMPLE REPORT – Grade B

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AP Statistics

30 Day Semester Project

Rationale for Additional and Subtraction

Over the course of 30 days, I decided to change my life for the better and begin to do things that would be me happier overall. To begin this transformation, I decided to cut down on the amount of screen time that I had. Previous to this project, I had been spending on average four hours on social media each day – amounting to more than a full day of social media consumed within a week. I realized that these numbers were much larger than expected and, after some further analysis, I realized that social media was preventing me from being productive. In fact, it was hindering my ability to focus and limiting my attention span – both of which took a toll on my motivation and productivity. With social media being addictive, I was worried that I would not be able to complete this goal, but I was hopefully that limiting my screen time, especially that on social media, would allow me to be more productive.

In addition to limiting my screen time, I wanted to add exercise back into my daily routine. I used to be an athlete year round and would either be at the tennis courts or in the pool. I quit both sports 2 years ago because my schedule would not allow me to have space to play both and succeed academically. I have noticed that I have lost much of my endurance and stamina because I have not been exercising daily and I want to change this. There was a brief portion at the beginning of quarantine between March 2020 and May 2020 where I was consistently working out approximately 4-5 times a week. During this time period, I felt much better about my mental and physical wellness and noticed that I was generally much happier

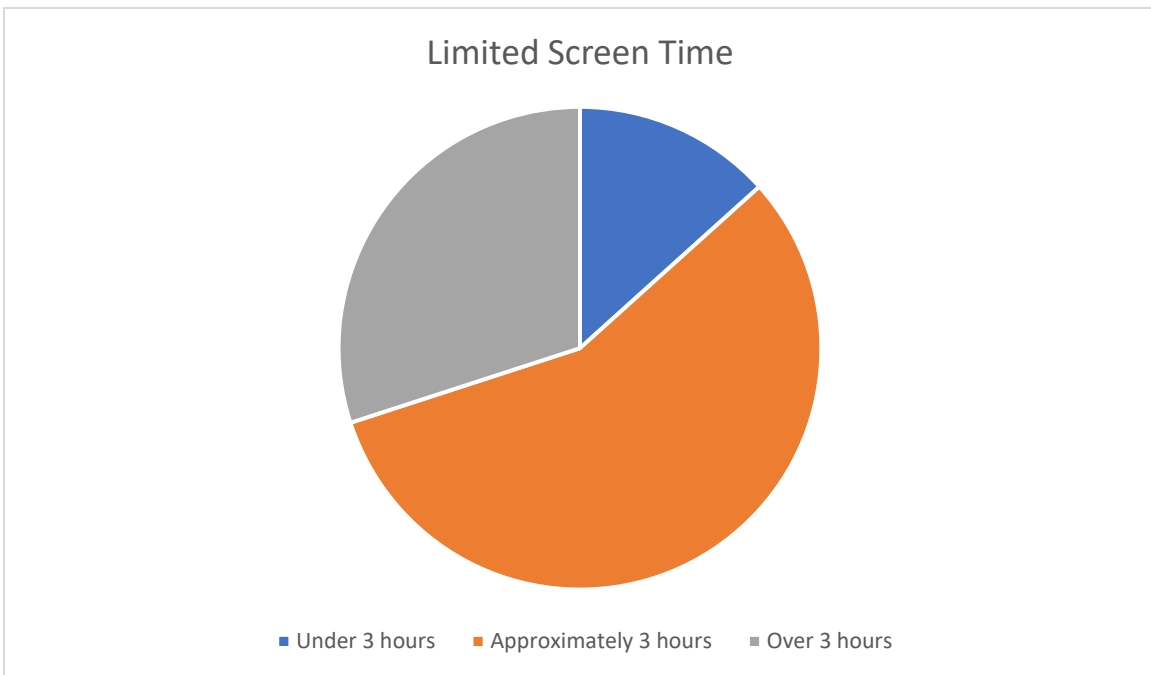
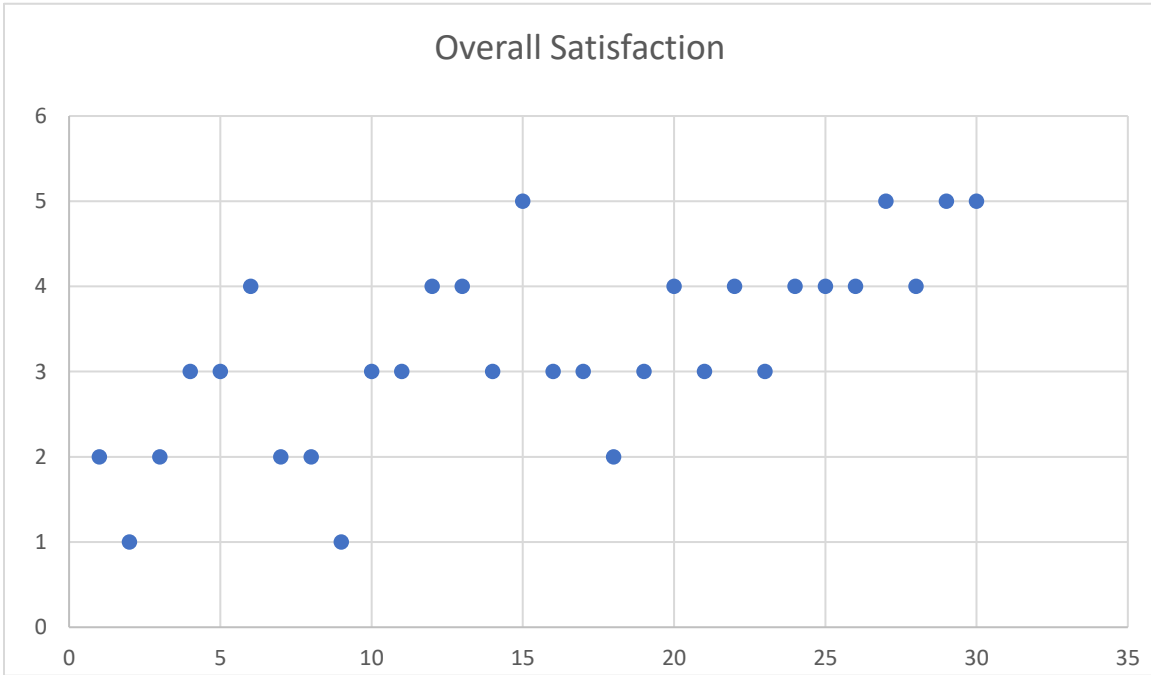
about life. Unfortunately, I was unable to keep up with this life style and I quickly went back to my old habit of napping in my free time. I have wanted to reintroduce exercise into my daily routine and I thought this project would be the perfect opportunity for me to do so. I decided that I would not be able to complete this project successfully if I choose to do an intensive exercise I would be less likely to be motivated to do it. Because of this, I choose to add a 30 minute exercise on an elliptical. I was unsure of if I would be able to complete the full thirty minutes of cardio so, I proactively decided that, in the event that I was unable to complete all 30 minutes, I would switch to a weight training exercise in order to train more muscle groups. Originally, I was incredibly nervous for this addition because I barely have any free time as it is right now between work and school. However, I was optimistic about creating a more positive outlook on life and feeling much better about myself again.

Data Analysis Process

The purpose of this project was to determine the successes and failures of the changes to my routine as well as at what frequency they were occurring. I decided to track my mood as well as how frequently I was able to keep up with the changes. In order to track these variables. I choose to note how long I was on social media for, how long I was able to sustain my cardio workout, and finally, my overall satisfaction with life after both of these changes have been implemented. I noted all of this in a journal. To eliminate the variability in mood, I decided that I would chart my satisfaction with myself and my life on a scale of 1-5 with one representing not satisfied at all and 5 representing completely satisfied. In order to analyze my results, I have chosen to convert my results into pie charts in order to understand how successful I was with keeping with my goals in addition to a line graph to depict my overall satisfaction as correlated with the number of days the changes have been enacted. Due to the nature of this project, I

focused heavily on quantitative and qualitative data collection methods. Raw data will be included at the end of this report in a calendar format.

Results



Analysis of Results

After reviewing the results, I would say that I was able to succeed in both tasks. Although there were days where I simply was not able to succeed as I was not able to create a time in my day to exercise or I accidentally spent much too long on social media, overall, I was still able to meet my goal to some degree most all of the days. Additionally, I noticed that my satisfaction with life improved drastically. As shown in the graph, there is a direct, positive correlation, even though it is a weak correlation, between the changes in my life and my overall satisfaction.

Reflection

When I first started this project, I was unsure of how I would be able to last 30 days without social media since it is such a huge part of my life as well as if I would be able to sustain a daily workout with my busy schedule. I was determined to be successful in my endeavors and thus created an action plan that included a time to work out and time to study between classes and work. Although I was very nervous about the results of this project, I did have a lot of fun doing it even though this was very challenging to accomplish. The first few days that I started this project, I was incredibly motivated to keep up with this new schedule and change my life for the better but a little more than halfway through, I was much less motivated to continue and noticed that it took much more energy to accomplish the tasks that I had set forward. This can be attributed to the lack of appeal the activities started to have as well as my mental state. During this time, I was not feeling like myself and noted that I was much less active in general. This confounding variable could have attributed to some of my failures during this project such as spending more time on social media. Furthermore, with the reintroduction of exercise, I was very sore the first couple of days but eventually got used to the activity. This was definitely outside of what I would normally do in a workout as much of my athletic training consisted of suicides on the tennis court and 50 meter sprints in the pool.

In conclusion, I am pretty proud of what I was able to do over the last 30 days. This project gave me the opportunity to start to feel good about myself both mentally and physically and has put me in a spot that I am really happy with right now. I want to continue with this routine since I noticed that I was less irritable and much happier in generally during the last two weeks of this project.

Raw Data

				April 1 30 min cardio Over 3 hours 2	2 30 min cardio Over 3 hours 1	3 20 min cardio+10 min strength Approximately 3 hours 2
4 10 min cardio+20 min strength Over 3 hours 3	5 30 min cardio Approximately 3 hours 3	6 20 min cardio+10 min strength Approximately 3 hours 4	7 10 min cardio+20 min strength Under 3 hours 2	8 15 min cardio+15 min strength Over 3 hours 2	9 No workout Over 3 hours 1	10 20 min cardio+10 min strength Approximately 3 hours 3

11 10 min cardio+20 min strength Approximately 3 hours 3	12 20 min cardio+10 min strength Over 3 hours 4	13 10 min cardio+20 min strength Approximately 3 hours 4	14 20 min cardio+10 min strength Approximately 3 hours 3	15 30 min cardio Under 3 hours 5	16 20 min cardio+10 min strength Approximately 3 hours 3	17 15 min cardio+15 min strength Approximately 3 hours 3
18 30 min cardio Over 3 hours 2	19 30 min cardio Approximately 3 hours 3	20 15 min cardio+15 min strength Under 3 hours 4	21 10 min cardio+20 min strength Approximately 3 hours 3	22 20 min cardio+10 min strength Approximately 3 hours 4	23 30 min cardio Over 3 hours 3	24 15 min cardio+15 min strength Under 3 hours 4
25 15 min cardio+15 min strength Approximately 3 hours 4	26 20 min cardio+10 min strength Approximately 3 hours 4	27 No workout Over 3 hours 5	28 30 min cardio Approximately 3 hours 4	29 10 min cardio+20 min strength Approximately 3 hours 5	30 15 min cardio+15 min strength Approximately 3 hours 5	

Key:

Workout / Screen time / Overall satisfaction