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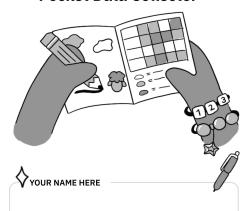


activity guide



Inspiration for using this zine, from the PLIX forum





## What data is meaningful to you?



- What are some habits or goals you are working on?
- What do you like to wear or eat? What influences those decisions?
- How do the ways you use money change over time?
- What's happening in the world around you, and how do those things affect your emotions?

## Your Data, Your Rules!

Color: What color would you choose to represent the different kinds of people in your life?







Shapes and symbols: What shape or symbol would you use for different kinds of snacks?







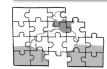








Presenting data in simpler ways helps you to more easily see trends and patterns!



## What might you notice?

Collecting more data can help us notice trends and patterns, and see a bigger picture of how different things are connected.

## Create your own data rules

Use this space to plan how you will track your own data. What colors, shapes, or symbols will you use, and what do they represent?



Looking forward: How might your collected data influence your decisions or actions later on?