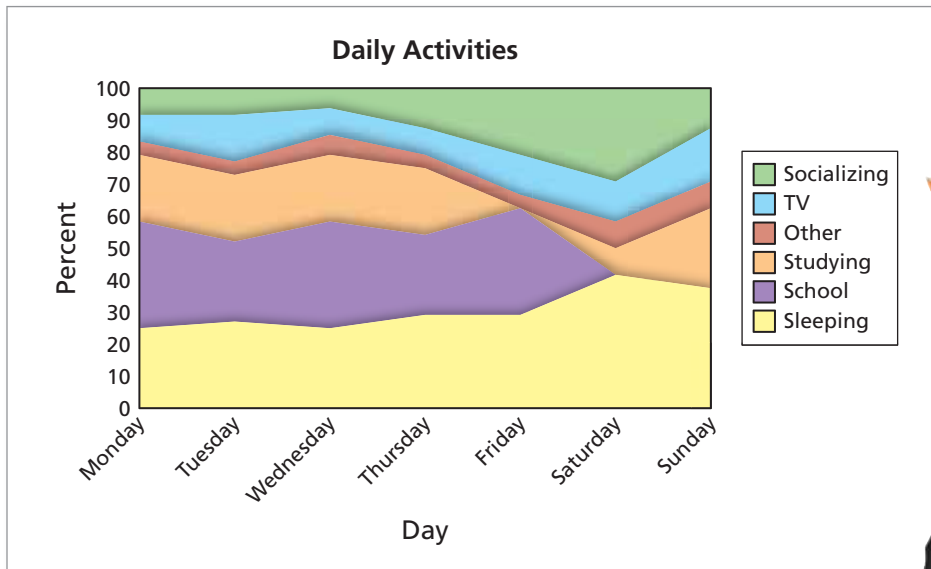


▶ Extending Concepts

Life Chart In Exercises 23–28, use the following information.

Your habits, behaviors, and activities indicate who you are as a person. A life chart gives a visual representation of your daily information over time. An example of a life chart is shown.



23. Estimate the amount of time you allocate to your daily activities for a typical week. Use the data to create a life chart like the one shown.
24. How might your life chart for a year differ from your life chart for a week?
25. Explain why a chart like the one in Example 2 is better suited for the information displayed in a life chart than a chart like the one in Example 1.
26. Many people try to make lifestyle changes such as getting more sleep, saving more money, and losing weight. Do you think a life chart can help you make lifestyle changes over time? Explain your reasoning.
27. Other than time allocation, what are some other personal data that you can track to help manage your life?
28. Organize some data from one of the topics you listed in Exercise 27. Create an information design to present the data in a way that you have not seen in this text.