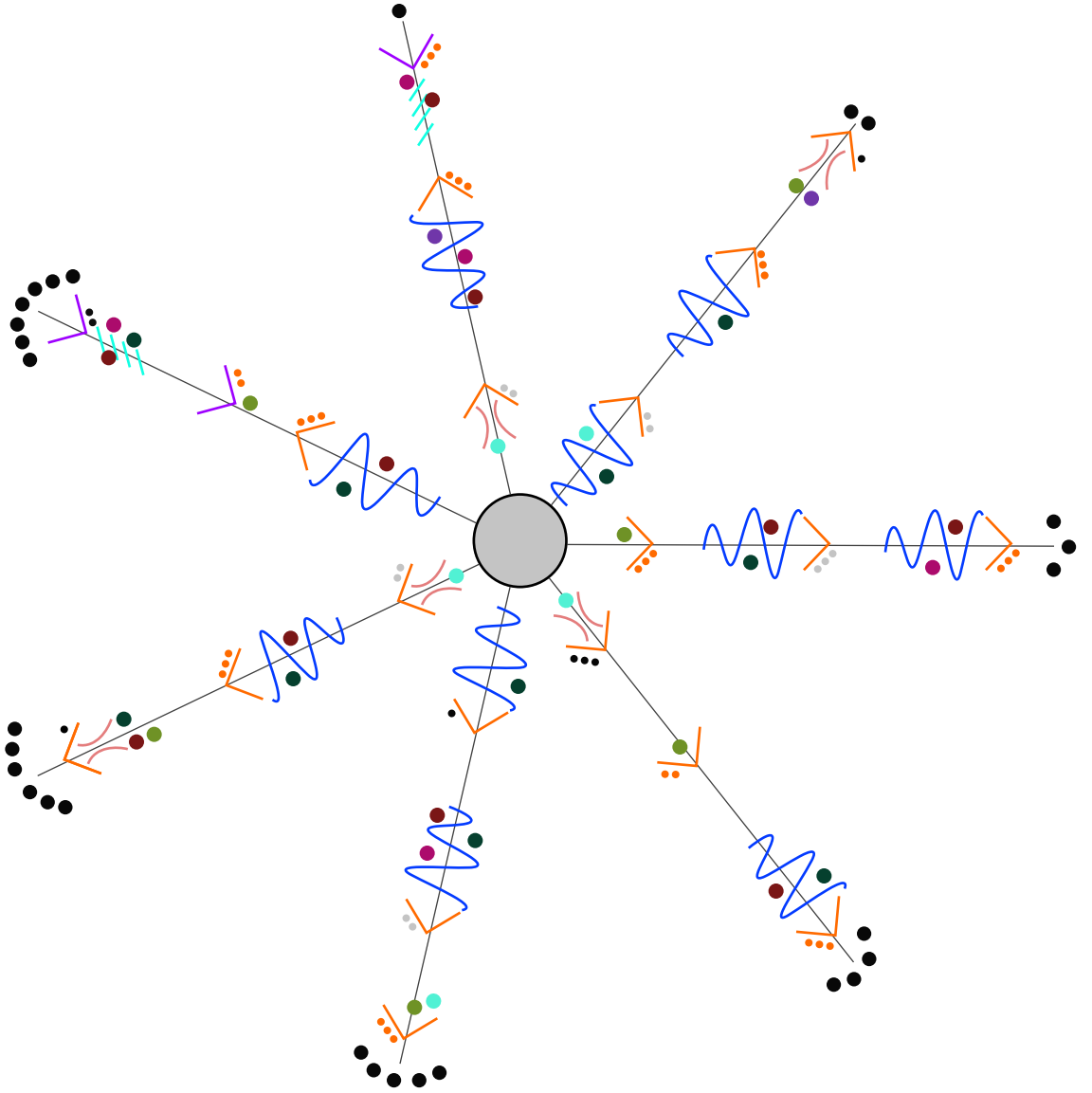

Dear Data

This week, I recorded my food consumption along with factors which influence my health and happiness related with food.
The data includes the type of food consumed, day, time, place who prepared it, quanitity and satisfaction level of every meal.

Starting from the central circle, the data is illustrated in the chronological order and each line represent a day as specified with dots on the other end.

Time

Breakfast Lunch Dinner

Days

Mon •
Tues. ••
Wed. •••
Thu. ••••
Fri. •••••
Sat. ••••••
Sun. •••••••

Food Type

Vegetable
Meat
Dairy
Snacks
Fruits
Sweet
Grains

Making

Pre cook
Cooking
Take away

Place

At home
Outside

Portion size

Large
Medium
Samll

Satisfied

Happy
Ok
Sad