

IS THIS *TOO MUCH* COFFEE?

OVERVIEW

PROJECT OUTLINE // I like coffee, a lot. Sometimes I worry that I drink too much coffee, so I kept a detailed record of my coffee-drinking habits during February 2011. The following pages help visualize what my coffee habits look like, in hopes of answering the question: "Is this too much coffee?" Below is a brief overview of the information to come.

113 DOLLARS
SPENT

86 TOTAL CUPS

1.5 OUNCES PER
HOUR

0 DAYS WITHOUT
COFFEE

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MY MONTH IN CUPS

HOW MANY SHOTS IN THAT? // This page separates all the cups of coffee I drank into the specific drinks that I consumed, ranging in size from 8 ounces to 16 ounces, and includes both drip coffee as well as espresso drinks.

8OZ DOUBLE AMERICANO



10OZ DRIP



12OZ DRIP



12OZ TRIPLE AMERICANO



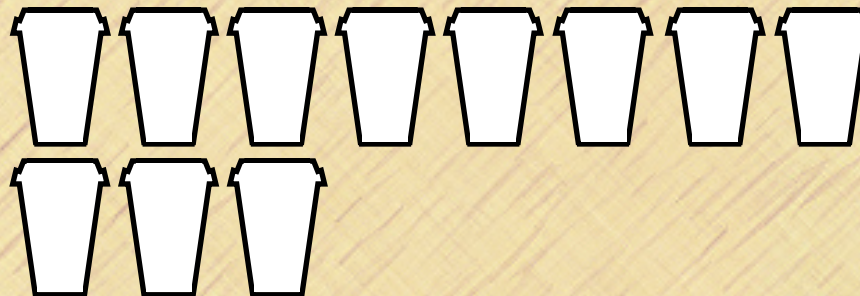
16OZ DRIP



16OZ QUAD AMERICANO



12OZ DOUBLE AMERICANO



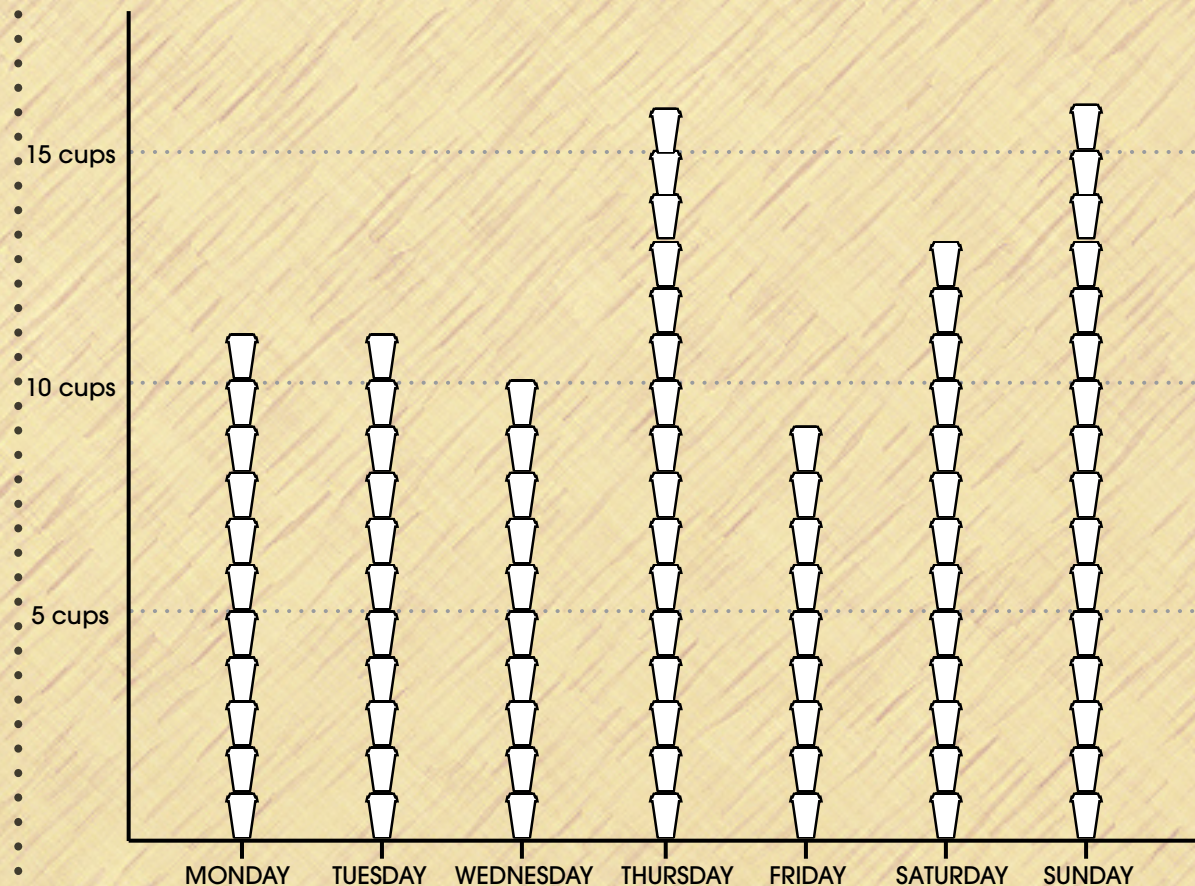
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CONSUMPTION BY DAY

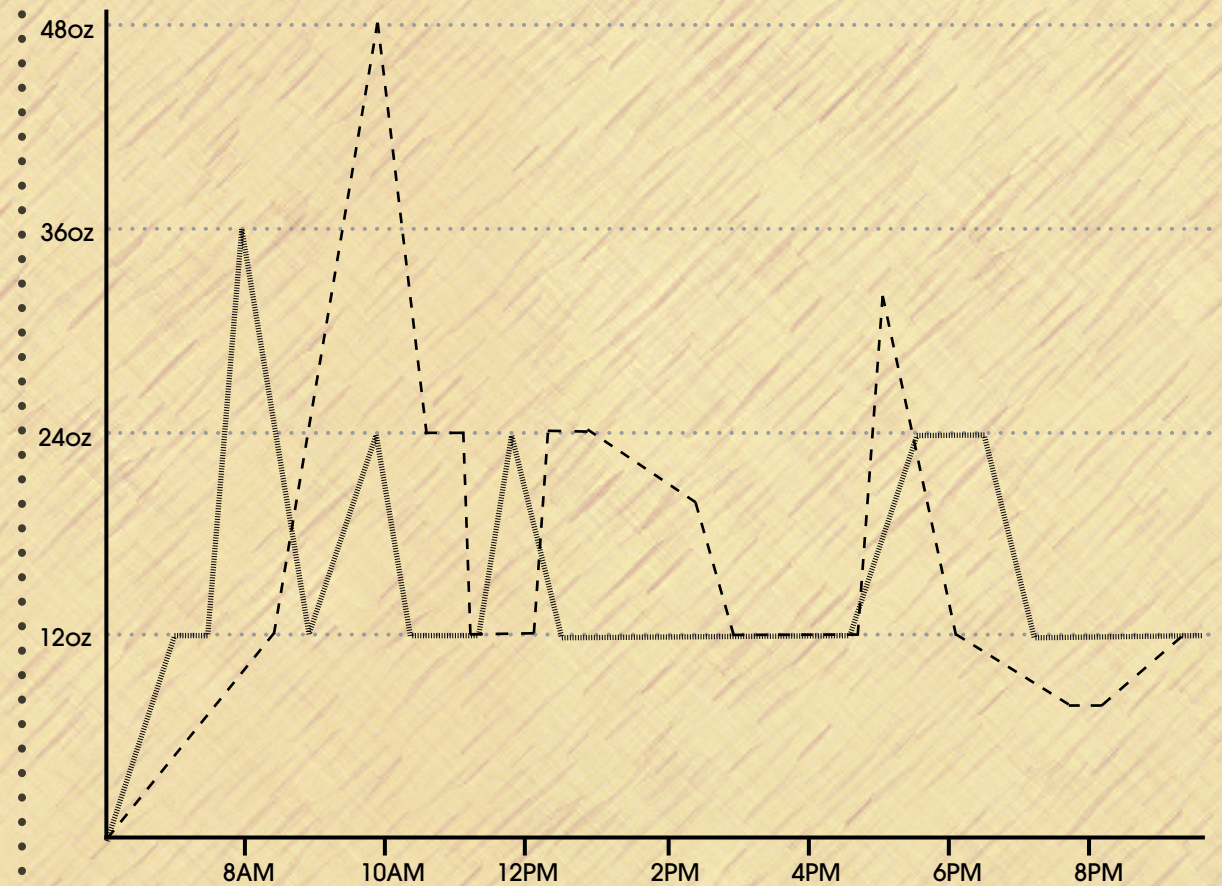
THIRSTY THURSDAYS // The graph below groups all the cups of coffee I drank during the four weeks by the day of the week they were consumed. Interestingly enough, the days with the highest total consumption, Thursday and Sunday, are days that I spend at home, not on campus.


ON-CAMPUS VERSUS OFF-CAMPUS // In this graph, it is clear that my coffee consumption is quite similar in the mornings, though on days I am not on campus (Tuesdays and Thursdays), that consumption begins later, but follows a similar trend to my on-campus days.



TOTAL CUPS BY DAY OF THE WEEK



COFFEE BY THE HOUR



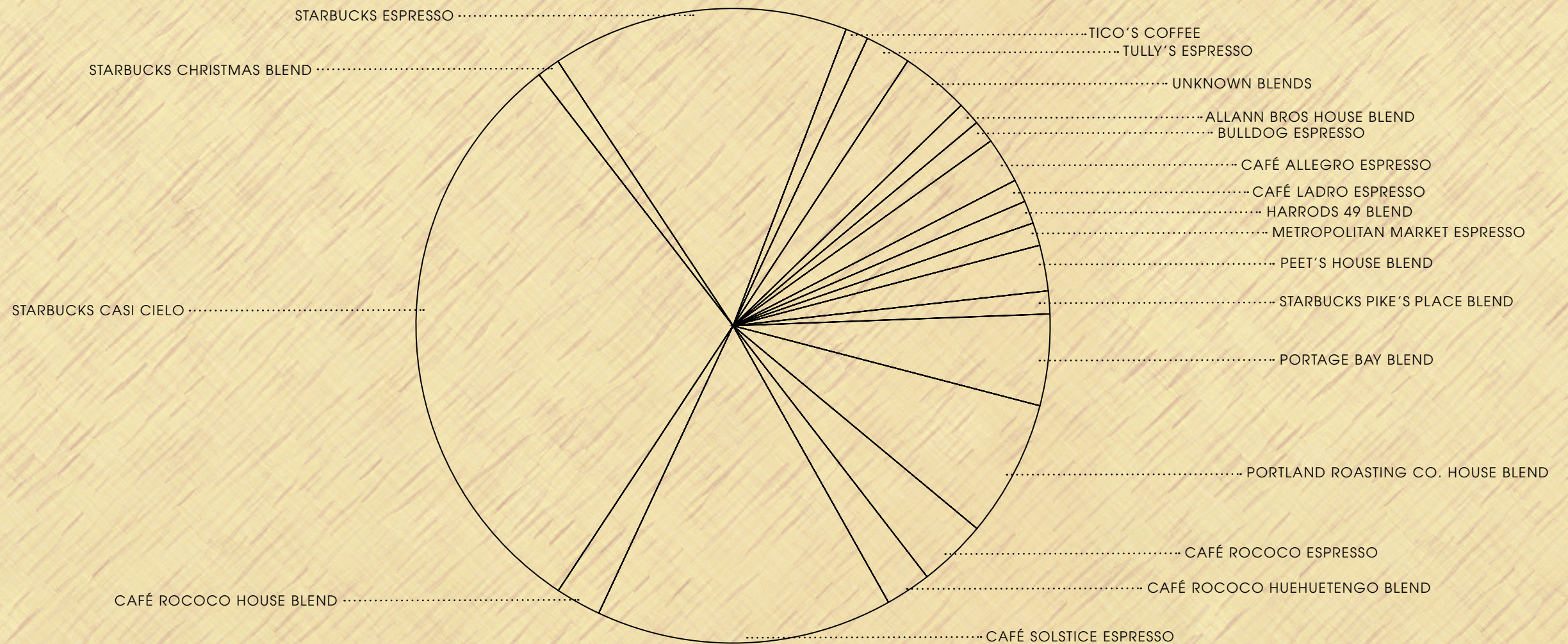
 Each cup represents one of the 86 cups of coffee consumed

 Coffee consumption on Mondays and Wednesdays (combined)
 Coffee consumption on Tuesdays and Thursdays (combined)

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BREAKING DOWN THE BEANS

A BEAN FOR EVERY OCCASION // The chart below highlights the varieties of coffee roasts and blends that I consumed over the course of the four weeks. During this period, I was surprised to learn that the amount of Starbucks coffee I drank comprised nearly half of my average consumption.



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BUYING IN BULK

ONE BAG GOES A LONG WAY // This page contains a variety of information related to the price and value of one bag of ground coffee, including how many cups I can make from it, the cost of one bag, and the money I could save if I only drank coffee that I brew myself.

ONE BAG OF COFFEE



\$2.32

The average price paid for a cup of coffee during the four week period.

\$12.95

The price paid for a bag of ground coffee beans during the four-week period.

\$60.00

The value of a bag of ground coffee beans based on the average price of \$2.32/cup.

\$42.74

The total amount of money I would have spent if I only drank home-brewed coffee.

FUN FACT // Based on the information shown above, if I were to only drink coffee at home for an entire, year, I would save over \$800 dollars per year. At the current rate of consumption, the amount of money that I spend on coffee in one year is enough to purchase a brand new Apple MacBook Air.

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THE GEOGRAPHIC VIEW

WHERE THE MAGIC HAPPENS // This map of the north part of Lake Washington illustrates a good portion of where I purchased and consumed most of my coffee in the month of February. This data is presented by location with varying sized cups to account for quantity differences. (Note: Not all 86 cups appear on this map.)

KEY

☐ 1-5 CUPS

☐ 6-10 CUPS

☐ 10+ CUPS

