This is Your Brain Off Coffee...

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Problem
WPI undergraduates drink coffee to alleviate fatigue and stress. However, too much coffee is unhealthy.

Project Question
If students admit their habit and choose a healthy substitute, will they reduce the amount of coffee they drink?

Methodology
Select 20 Undergraduates at WPI who admit to drink coffee excessively.

Survey volunteers to establish a baseline of frequency, amount, time of day, additive, and how they intend to replace coffee.

Monitor volunteers progress for seven days through daily emails.

Survey volunteers to determine changes in their coffee use.

<table>
<thead>
<tr>
<th>Person</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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</table>

EFFECTIVENESS OF ALTERNATIVES

Q: Did you feel lack of energy throughout the week?
- Yes
- No

Q: Do you plan to resume drinking coffee?
- Resume Drinking
- Drink Less

Discussion
In a follow-up study, a more rigorous experiment could be used to investigate the effect of the substitutes. An example would be using a randomized experiment to test whether substituting tea for coffee has significant correlation with reduction in coffee consumption.

Reference

https://www.google.com/search?q=coffee+background&source=lnms&tbm=isch&sa=X&ved=0ahUKEwiNz7rF8PneAhVCZN8KHZQACRUQ_AUIDigB