Quantified Self

what it is,
where it comes from,
what it can do for you
and
what it means to me

what is it?

- self explanatory

- quantify yourself

  - to collect data

  - to compare in time/with others

  - to improve

-3.6e^15

84500

3F

137

SELF

89203100

010001

42

16

where does it come from?

- measure & improve: ever since
  - diaries, calendars, excel sheets

where does it come from?

- 2007: foundation of the movement

  - by two wired journalists

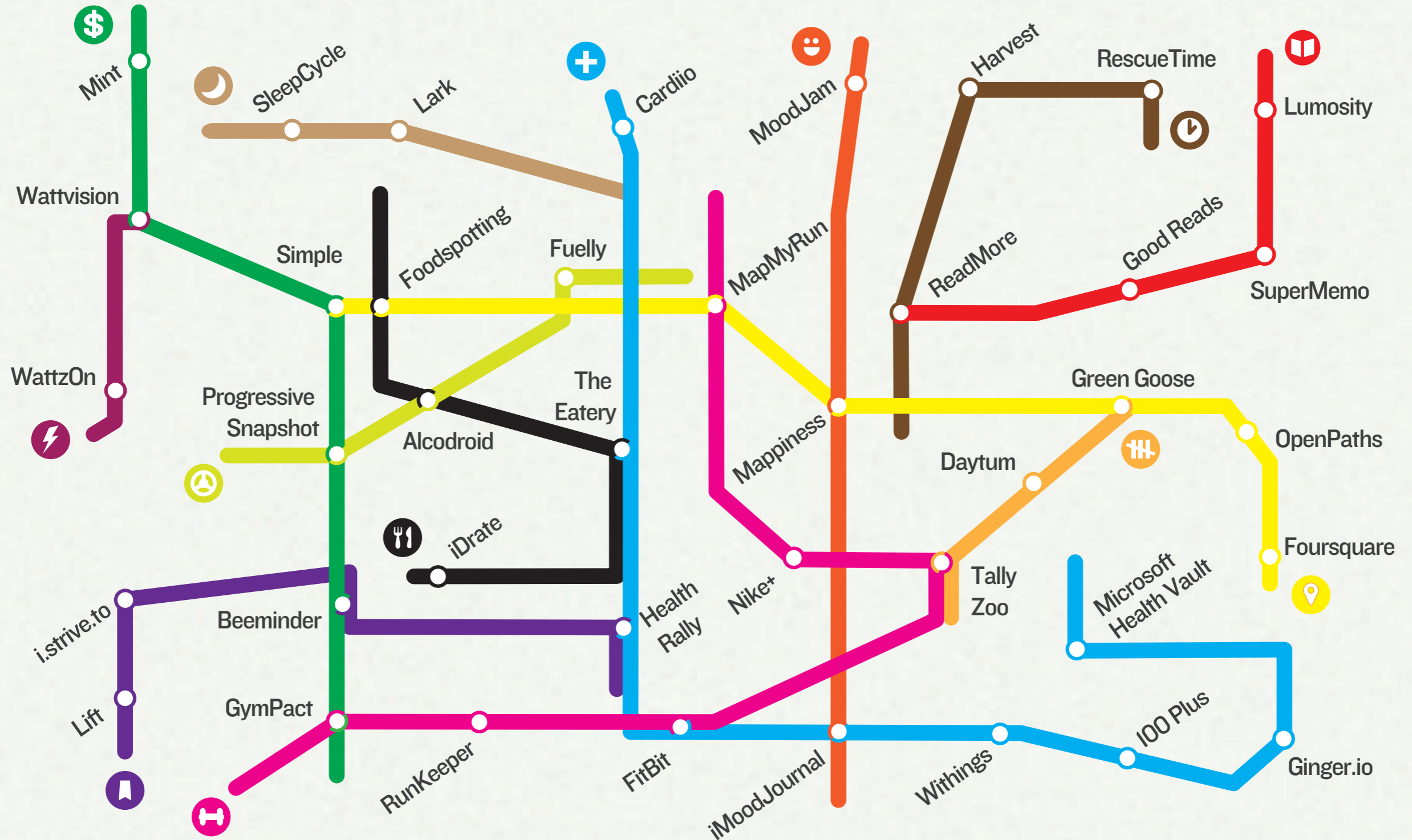- now: ready for mass usage

  - apps and sensors

what can it do for you?

- collect all kind of data

  - movement, finance, time...

- show your behavior objectively

  - show weaknesses

- help you to reflect and improve yourself

3F

137

SELF

89203100

010001

42

16

map of available services

http://trackyourself.co

and what it won't.

- no proof of improvement in studies (yet)

- it is still all about will

- help you to improve your privacy

  - mostly cloud services

  - with terrible terms and conditions

3F

137

SELF

89203100

010001

42

16

Quantified Alex!

- what can **I** tell you?

- what is not on the internet?
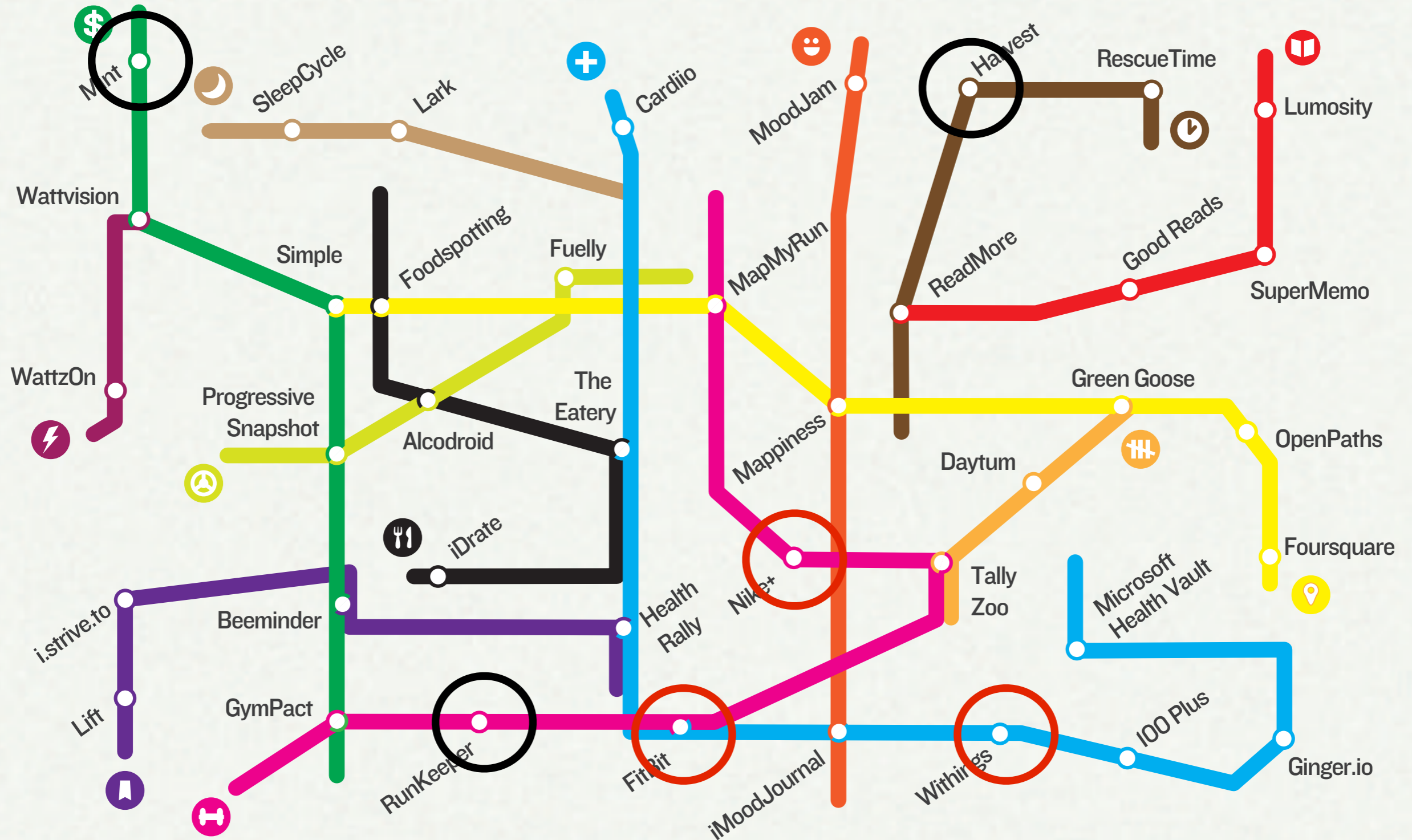
- how **I** quantified myself

- exemplifying the idea

-3.6e^15

84500

3F

137

ALEX

89203100

010001

42

16

Quantified Alex!

- running

- steps

- weight

- time

- spending
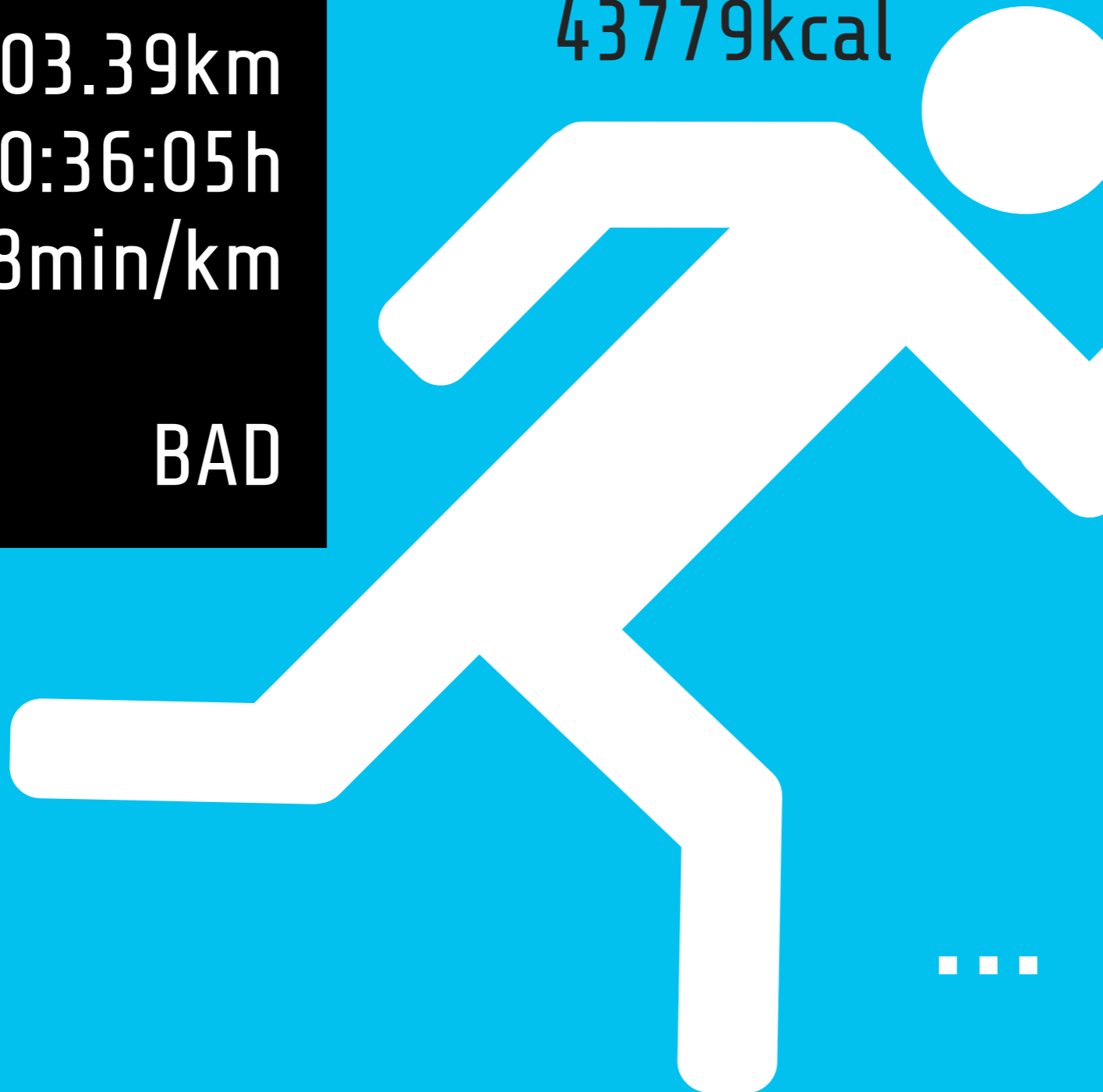
-3.6e^15

84500

3F

137

ALEX

89203100

010001

42

16

In Total

First Run

03.39km
00:36:05h
10:38min/km

BAD

452.06km
49:45:23
43779kcal

Best Run

10.08km
00:57:30h
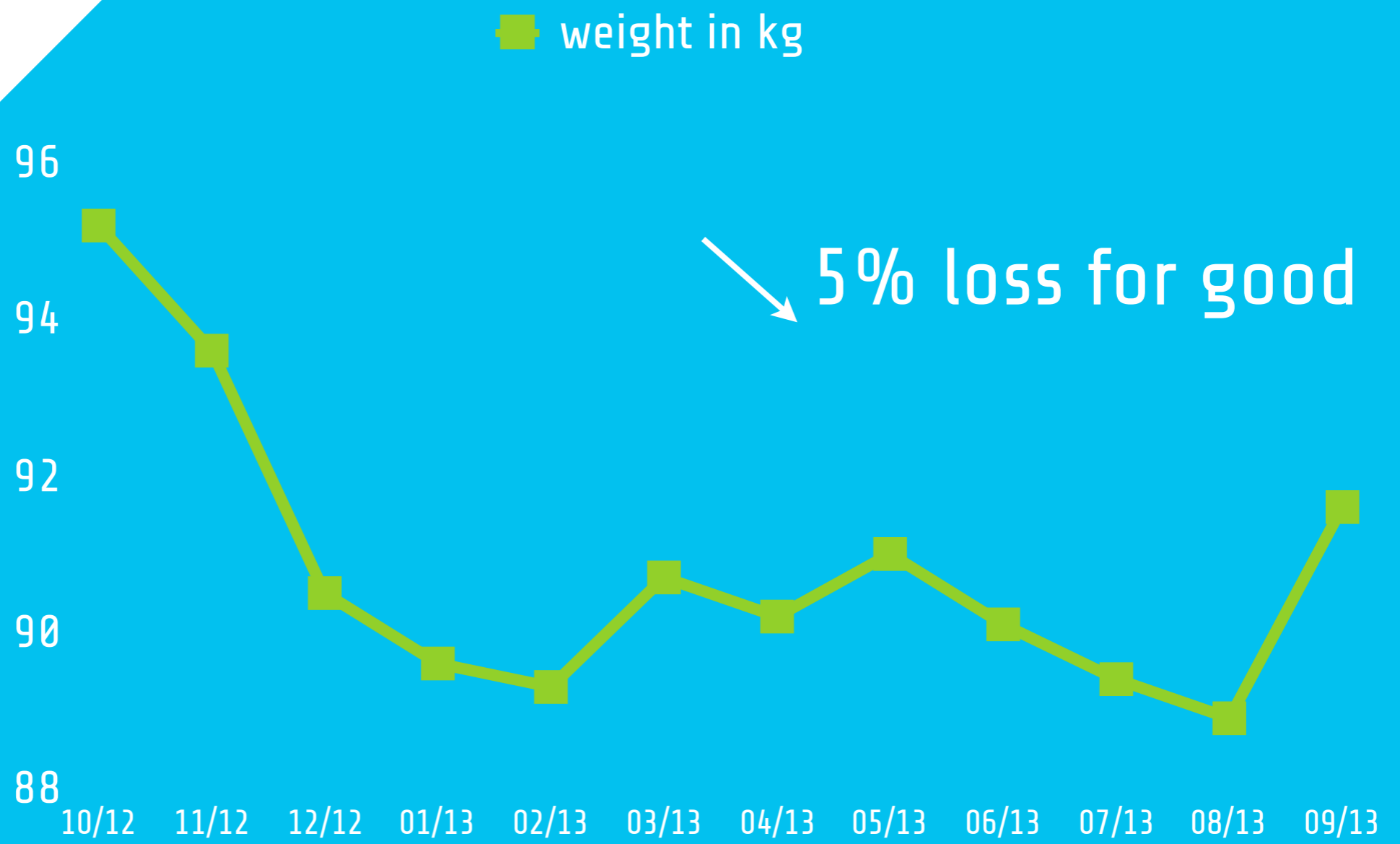05:42min/km

GOOD

... Running

quantified with Runtastic

20000

15000

personal average

10000

5000

german average

0
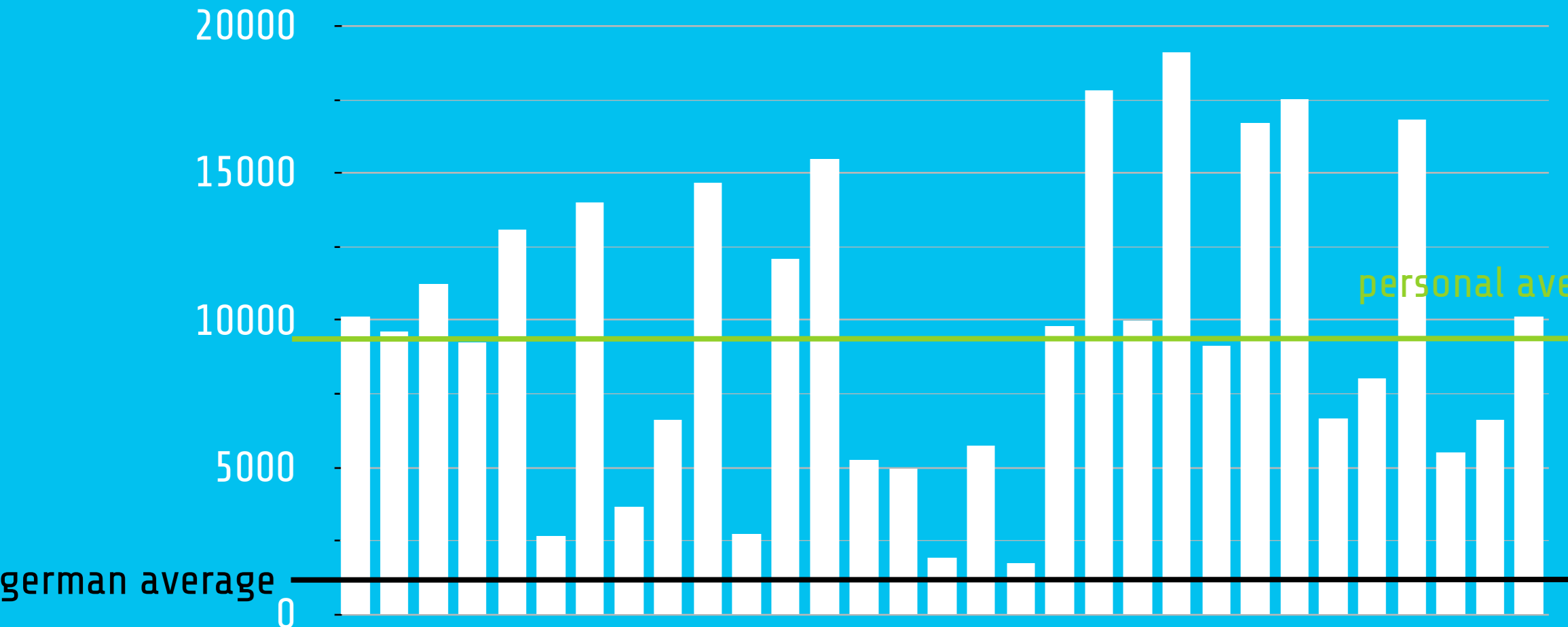
Total
since August
449'444steps
353.89km

... Movements

quantified with Nike+ Fuelband

weight in kg

5% loss for good

... Weight

quantified with Withings

a month in a startup

two months later

822 incoming mails
from 265 people
103 sent mails
to 103 people

43 appointments
for 76 hours

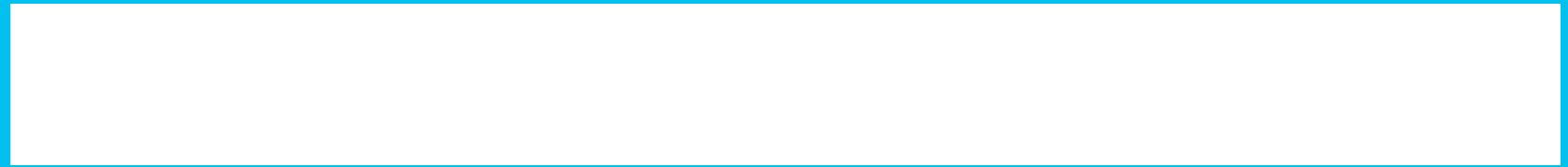588 incoming mails
from 209 people
27 sent mails
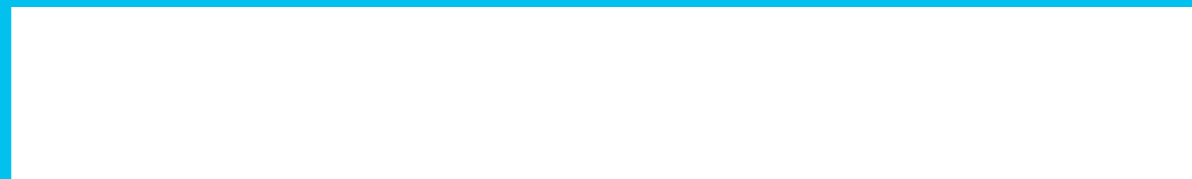to 17 people

16 appointments
for 29 hours

... Work
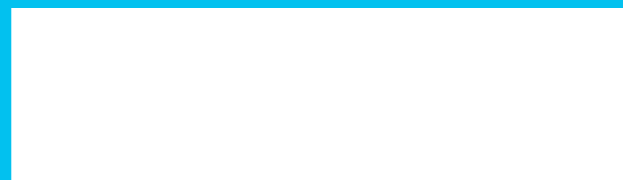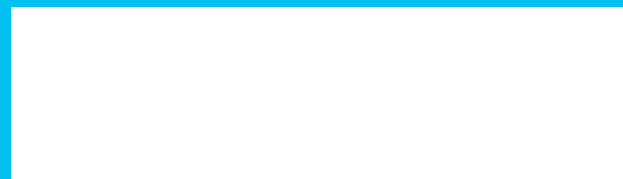
what I still want to improve?

- not only analyze, but act more often upon analysis

- **improve further**

- track more stuff:

  - eating

  - health

  - emotional wellbeing

3F

137

ALEX

89203100

010001
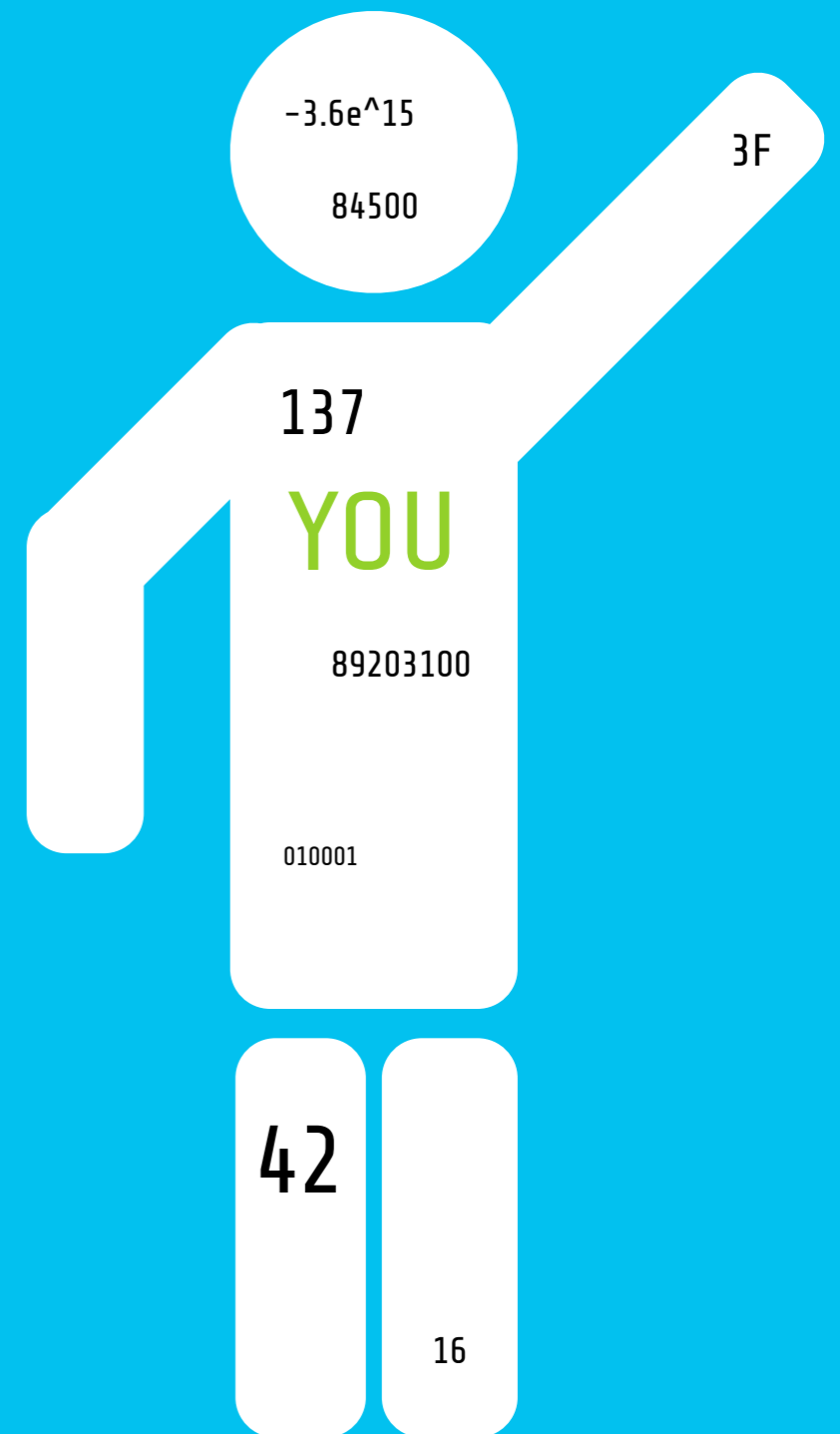
42

16

and this presentation?

- helped me to

  - look back

  - collect data

  - summarize

  - analyze

  - review

  - **reflect myself!**

what it could mean to you?

- I am seriously really lazy!

- if I can do it, you can do it!

- start quantifying yourself

    - it doesn't hurt :)