SETTING GOALS AND HOLDING MYSELF TO ACCOUNT

Quantified Self 2017
June 2017
lee@leerogers.com
# Data collections

The Great Hard Drive Crash

<table>
<thead>
<tr>
<th>Year</th>
<th>Blackbook</th>
<th>BMI</th>
<th>Books</th>
<th>Checkins</th>
<th>Distance</th>
<th>Food</th>
<th>Geo</th>
<th>HealthStats</th>
<th>Active Mins</th>
<th>Misc</th>
<th>Movies</th>
<th>Music</th>
<th>Notes</th>
<th>P90X</th>
<th>Parties</th>
<th>Photos</th>
<th>Quotes</th>
<th>Status</th>
<th>Steps</th>
<th>TVShows</th>
<th>Vacations</th>
<th>Vehicles</th>
<th>Videos</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2002</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2003</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2004</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2006</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2011</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2013</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2016</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2017</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

lee@leerogers.com
Aggregation of data

Rich data sources

Pull down data

My local database server

lee@leerogers.com
Listened to ‘Black Keys - My Next Girl’ 2014-07-20 15:57:18.000

Posted 'Happy Father's Day Pops. We miss you.' 2014-07-20 11:19:47.000

Pic of 'Parade #348. Falun Dafa is good'. 2014-07-20 11:19:47.000

Watched The Zero Theorem, 3 stars, 2014-07-18 21:55:00.000

Checked in @ Press Club #new 2014-07-18 18:01:07.000

Listened to ‘Ray Charles, Georgia’, 2014-07-20 15:57:18.000

Posted 'Is it just me or does this ENTIRE city smell like pot all the time?' 2014-07-20 11:19:47.000

Trip, Scouting Trip in Los Angeles, CA 2014-07-11 21:22:46.000

Walked 10,685 steps, 4.7 miles 2014-07-11 21:22:46.000

# Geek Details – Getting to the data

<table>
<thead>
<tr>
<th>Preferred Method</th>
<th>Next Best Method</th>
<th>Not Optimal Method</th>
<th>Manual Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Homeseer Home Automation</td>
<td>• Homeseer Home Automation</td>
<td>• Tasker script</td>
<td>• Manual entry</td>
</tr>
<tr>
<td>• VBScript scripts run periodically</td>
<td>• VBScript scripts run periodically</td>
<td>• Scrapes app for data</td>
<td>• Web forms to input</td>
</tr>
<tr>
<td>• Queries APIs, RSS, or IFTTT web posts</td>
<td>• Screen scrapes web pages</td>
<td>• Parse results for data</td>
<td>• or Streamline by using voice</td>
</tr>
<tr>
<td>• Write results to Microsoft SQL</td>
<td>• Parse results for data</td>
<td>• Tasker posts web svc</td>
<td>• Google Assistant to IFTTT to web svc</td>
</tr>
<tr>
<td></td>
<td>• Write results to Microsoft SQL</td>
<td>• Write results to Microsoft SQL</td>
<td>• Writes results to Microsoft SQL</td>
</tr>
</tbody>
</table>

---

lee@leerogers.com
Not to be defined by my quantified self alone

“What Goes On The Tombstone”

Drive to qualitative
Life Goals – A Mission Statement

Be healthy and fit
Be well rounded and wise
Be zen and live in the moment
Be helpful and a good friend
# Life Goals To Real Objectives

<table>
<thead>
<tr>
<th>#health</th>
<th>#wise</th>
<th>#zen</th>
<th>#friend</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Drink more water&lt;br&gt;• Drink less soda&lt;br&gt;• Eat more fruits and vegetables&lt;br&gt;• Eat less&lt;br&gt;• Walk more&lt;br&gt;• Exercise more&lt;br&gt;• Improve healthstats&lt;br&gt;• Drink less alcohol&lt;br&gt;• Get to target body weight</td>
<td>• Travel more&lt;br&gt;• Watch the best movies&lt;br&gt;• Watch the best television&lt;br&gt;• Read the best books&lt;br&gt;• Discover new music&lt;br&gt;• Listen to great podcasts&lt;br&gt;• Live new experiences&lt;br&gt;• Experience more venues</td>
<td>• Meditate&lt;br&gt;• Live in the moment&lt;br&gt;• Be financially responsible&lt;br&gt;• Get things done&lt;br&gt;• Automate bullshit&lt;br&gt;• Save more money&lt;br&gt;• Reduce possessions</td>
<td>• Build a strong social circle&lt;br&gt;• Stay in touch&lt;br&gt;• Share experiences&lt;br&gt;• Be helpful</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SOURCE</th>
<th>SOURCE</th>
<th>SOURCE</th>
<th>SOURCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Custom food tracker&lt;br&gt;• Activity tracker&lt;br&gt;• Manual entries&lt;br&gt;• Fitbit scale</td>
<td>• Triplt&lt;br&gt;• Flixster&lt;br&gt;• PLEX&lt;br&gt;• Goodreads&lt;br&gt;• Last.FM&lt;br&gt;• Foursquare&lt;br&gt;• Tasker</td>
<td>• Quicken&lt;br&gt;• Office365&lt;br&gt;• Headspace</td>
<td>• Tasker&lt;br&gt;• IFTTT&lt;br&gt;• Foursquare&lt;br&gt;• Manual entries</td>
</tr>
</tbody>
</table>

lee@leerogers.com
Dashboard
Drill-down Dashboards

Geek Details

- IIS web server
- Classic ASP web
- Custom CSS
- Microsoft SQL
- chart.js and justgauge.js
What I learned - Getting things done

Meditate
Live in the moment
Be financially responsible
Get things done
Automate bullshit
Save more money
Reduce possessions
What I learned - Getting things done

- 73 tasks
- 4.1 per day
- 237 tasks

Target: 5.0 per day, 1,492 total completed.

Targets: Priority at 20.0% and overhead of 11.4%
Action - Getting things done

Geek Details

- Use categories in Outlook for projects
- Mark priority projects with +
- Script runs periodically
- Downloads all tasks from Office365 using API into local database
- Query as needed
Results - Getting things done

Tasks
- 0 tasks (0%)
- 4.5 tasks (50%)

Priority Projects
- Done
  - 2016 annual report
  - Audrey to H3
  - Move
  - Reduce possessions
  - Sell cascade
- 7 tasks
  - Dental plan
  - Zen app: build beta
  - Zen app: build playbooks
What I learned - Stay in Touch

#friend

- Build a strong social circle
- Share experiences
- Stay in touch
- Be helpful
What I learned - Stay in Touch

FRIEND

Foster Friendships

INTERACTIONS PER WEEK PER FRIEND IN 2016

Claire: 8.7
Diana: 5.4
Diane: 3.4
John: 2.7
Matt: 3.8
Will: 3.0

MISSED WEEKS OF INTERACTIONS PER FRIEND IN 2016

Claire: 0
Diana: 1
Diane: 2
John: 9
Matt: 11
Will: 11

lee@leerogers.com
Action - Stay in Touch

lee@leerogers.com
Action - Stay in Touch

- Set threshold of days for each contact in Outlook
- Each incoming text, email or checkin is recorded to database via Tasker and web svc
- Query as needed

Geek Details
What I learned - Steps

Weight loss

Active Minutes

lee@leerogers.com
What I learned - Steps

• Script runs periodically to pull data from Fitbit
• Query as needed
• Send reminders through Tasker to prompt on phone that I am behind in steps
Run Your Life Like A Boss

“Having a manufactured mission in life keeps me off meds.” – @leerogers