TRACKING USELESS LIFE METRICS

Or attempting to calm my existential angst about the human condition by using regression analysis and pretty charts about how many burritos I ate
HI, I’M LILLIAN
HI, I’M LILLIAN
I have a data tracking problem.

This is me in 2008.

On the day this photo was taken, I biked 10 miles, slept 9 hours, had one drink of caffeine, and one drink of alcohol. My mood was 8/10.
<table>
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<tr>
<th>Date</th>
<th>Morale</th>
<th>Health</th>
<th>Miles Biked</th>
<th>Hours of SI</th>
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<th># of caffier</th>
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</table>

TOOLS OF THE TRADE IN 2008-2012

21 year old Lillian, you had **game.**
I even took a daily photo.
I STARTED TO TURN MY DATA INTO SOMETHING PRETTY
At first my zines were simple & cute
In 2010, everything changed. I entered the dark world of regression analysis.
THIS DATA COULD MEAN SOMETHING REAL

Mood = Raining + Burrito + Miles Biked + Alcohol + Caffeine

Residuals:
  Min  1Q Median  3Q Max
-3.0068 -0.5142  0.1320  0.5991  1.9023

Coefficients:
     Estimate  Std. Error   t value  Pr(>|t|)
(Intercept) 3.111756    0.161918 19.218  < 2e-16 ***
Raining   -0.126269    0.101976  -1.238  0.21645
Burrito   -0.036758    0.140313  -0.262  0.79349
Miles.Biked 0.014475    0.005482   2.641  0.00864 **
Alcohol   0.170672    0.032417   5.265  2.42e-07 ***
Caffeine  0.041892    0.048869   0.857  0.39189

Residual standard error: 0.9308 on 358 degrees of freedom

Mood, on a scale of 1-5, is improved by biking - with .01 more happiness per miles biked;

and by drinking alcohol - .17 more happiness per drink of alcohol.

Conclusion: Ride more bikes, drink more beer, with 95% confidence.
IN 2012 I GOT AN IPHONE.

Suddenly I could track a LOT more data, nearly effortlessly.
I should totally take a picture and record everything I buy for an entire year!
49.5 Burritos

541 Drinks of alcohol
  1.4 Average per day when single
  1.6 Average per day while in a relationship

881 Cups of caffeine

610 Cups of coffee

152,231 Minutes of sleep
  6:58 Average hours of sleep per night

Least sleep: Thursdays
Most sleep: Tuesdays
Shortest night: Oct 3 2013, 1:19 AM
Longest night: Dec 31 2013, 13:37 PM
Average bedtime: Between 21:30-22:30

Number of tweets: 3,374
Number of Twitter replies: 1,326

Most used hashtags:
#BAONPDX #RCTID
#WOMENBIKE #NBS14

Number of messages sent: 18,379
Number of messages received: 19,317

Word count:
BURRITO 74  BIKE 805
HAHA 711  WORK 1490

Emoji sent: 263  Received: 274
MILES RAN: 235.4
HIGHEST MILEAGE: 13.38
AVERAGE PACE: 11:15
LOWEST PACE: 9:02

MILES BIKE: 4,227
DAYS WITH 0 MILES BIKE: 22
MOST MILES IN ONE DAY: 90
TOP 5 DESTINATIONS: HOME, GO BY BIKE, IPRC, BITCH MEDIA, BEULAHLAND

MILES OPERATING A CAR: 0
MILES ON AMTRAK 1,248

MILES FLOWN: 14,666
LONGEST FLIGHT: 2,350 MILES

COUNTRIES VISITED: CANADA
CITIES VISITED: NYC, DC, CINCINNATI, VANCOUVER
Since my last birthday, I have consumed:

1093 cups of caffeine
92% of those were coffee
That's a 24% increase from last year and 900% increase from 5 years before.
5 years of caffeine consumption:
A 'slight' upward trend...

53 Burritos
79% of them from Los Gorditos
(3.5 more than last year)

1180 drinks of alcohol
Most alcohol consumed:
Sundays

I slept 154,760 minutes.

Averaging 7 hours, 41 minutes a night.

Average wake up time was 6:04AM.

Chances of waking up between 2-4AM increased 200% when Aaron PK acquired
Dora the Indiewebcat.

I slept in Portland 310 nights. Here's where I spent the other 55 nights:

[Pie chart showing various locations]
PUTTING THESE ZINES TOGETHER IS MESSY
And it’s become an annual (PUBLIC) process of evaluating + synthesizing my life
IN 2016, I MADE A BIG CAREER CHANGE.

To work for the Democratic Party.
To work for the Democratic Party.

In 2016.
ACCUARTE REPRESENTATION OF 2016 IN AMERICAN POLITICS.
We call it the dismal science for a reason.
The Dismal Science of my Life.
2016 Economic Report

Savings rates hit all time high.

With a year of unexpected twist and turns for the Republic of Lilymonster, savings were at an all-time high, at 59%. While some experts hoped for greater spending to stimulate the burrito and whiskey economy, uncertainty among Lilymonsters after a tumultuous election season has led to squirreling away income for a rainy day.

Predictions

In 2017, expect a rise in entrepreneurial ventures to be tied to greater consumer spending on health care and travel. Our outlook is optimistic for a doubling of net worth.

While 2016 burrito imports were at an all-time low, 2017 looks rosier with consumers noticing a direct correlation between mood & burrito consumption.

Trade in the Republic of Lilymonster

<table>
<thead>
<tr>
<th>Top Exports</th>
<th>Top Imports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonprofit Grants</td>
<td>Real Estate Rental</td>
</tr>
<tr>
<td>Personal Finance Education</td>
<td>Medical</td>
</tr>
<tr>
<td>Budget Spreadsheets</td>
<td>Habanero Hot Sauce</td>
</tr>
<tr>
<td>Political Websites</td>
<td>Fitness Group Classes</td>
</tr>
<tr>
<td></td>
<td>Raw Costume Materials</td>
</tr>
</tbody>
</table>

Trading Partners (Import %)

- Anchor IW Property Management (37% of GDP)
- Whole Foods (9% of GDP)
- Delta (9% of GDP)
- Classpass (5% of GDP)
- Community Cycling Center (4% of GDP)
- Providence Health Care (3% of GDP)
- United Airlines (2% of GDP)
- Amgen Human Therapeutics (2% of GDP)
BEVERAGE ECONOMY STATISTICS

TOTAL ALCOHOL CONSUMED: 683 DRINKS
FY 14-15: 1180 DRINKS
FY 13-14: 541 DRINKS
TOTAL ALCOHOL IN USD: $511,01

TOTAL CAFFEINE CONSUMED: 868 DRINKS
% CHANGE FROM FY 14-15: -21%
TEA: 477
COFFEE CONSUMED: 391
SPENT IN USD: $132,68
An Average Day
from January 1 - May 30

- 7:48 hours of sleep
- 2.4 drinks of caffeine (1.2 coffee)
- 3.69 Swarm check-ins
- 2.6 tacos consumed
- 7.1 miles biked
- 39 mins at the gym

An Average Day
from May 31 - August 26

- 8:10 hours of sleep
- 2.5 drinks of caffeine (1.8 coffee)
- 2.44 Swarm check-ins
- 2.9 burritos consumed
- 6.9 miles biked
- 28 mins at the gym

An Average Day
from August 27 - December 31

- 7:54 hours of sleep
- 2.5 drinks of caffeine (2.4 coffee)
- 3.46 Swarm check-ins
- 2.9 tacos consumed
- 6.5 miles biked
- 42 mins at the gym

Totals:

- 18 days traveling
- 21,340 flight miles
- 4 burritos
- 71 days of rain

- 9 days traveling
- 0 flight miles
- 2 burritos
- 18 days of rain
- 1 final Bowie Vs Prince

- 4 days traveling
- 0 flight miles
- 2 burritos
- 64 days of rain
Diplomacy of the Republic of Lilymonster FY 2015-16

- Seattle New Year 2016: Duncan and Julia’s Wedding
- Aurora, NY April 2016: Wells College Personal Finance Teaching
- Providence, RI April 2016: Harry Potter Alliance Board and Staff Retreat
- Olympic Peninsula July 2016: Bike Camping at Hanna Hanna
- Cottage Grove June 2016: Congressional District 4 Nominating Convention
- Cycle Oregon 2015: The Year of Getting Stuck in Halfway, Idaho
- New Orleans October 2015: Voices for Healthy Kids Conference (Public Health Campaigners Can Really Drink)
- Bittaggs Merchant Marine Academy Baltimore, Maryland February 2016: Data Boot Camp
- New York, NY May 2016: Random Trip (ate bagels)
Sleep: Lives up to the hype

A year in sleep.

2016 Sleep

Average Sleep: 8h4m
Mean wakeup: 6:33AM
Mode wakeup: 5:40AM

Mean bedtime: 9:20PM
Mode bedtime: 10:02PM

Latest Bedtime: 4:59AM
June 12 (Bowie Vs Prince)

Earliest Wakeup: 3:31AM
April 15 (Flight PVD > PDX)
COME GET A ZINE FROM ME!

And find me on the internet at anomalily.net and @anomalily