

## PROGRAM

### SATURDAY JUNE 17TH

8:00	<b>REGISTRATION &amp; COFFEE</b>
9:00	<b>PLENARY SESSION</b> <i>Conference Welcome</i> – Gary Wolf <i>Tracking Crying</i> – Robin Weis <i>Education Through Participation</i> – Martijn de Groot
10:00	<b>BREAK</b>
10:30	<b>SESSION 1</b>
11:30	<b>BREAK</b>
12:00	<b>SESSION 2</b>
13:00	<b>LUNCH &amp; OFFICE HOURS</b>
14:00	<b>SESSION 3</b>
15:00	<b>BREAK</b>
15:30	<b>SESSION 4</b>
16:30	<b>BREAK</b>
17:00	<b>PLENARY SESSION</b> <i>Tracking Amongst Distraction</i> – Town Hall

### SUNDAY JUNE 18TH

8:00	<b>REGISTRATION &amp; COFFEE</b>
9:00	<b>PLENARY SESSION</b> <i>More Than Optimization</i> – Steven Jonas <i>Individualized Training for a Pro Team</i> – Ralph Pethica <i>Finding Out How You Run</i> – Marcel van der Kuil
10:00	<b>BREAK</b>
10:30	<b>SESSION 5</b>
11:30	<b>BREAK</b>
12:00	<b>SESSION 6</b>
13:00	<b>LUNCH &amp; OFFICE HOURS</b>
14:00	<b>SESSION 7</b>
15:00	<b>BREAK</b>
15:30	<b>SESSION 8</b>
16:30	<b>BREAK</b>
17:00	<b>PLENARY SESSION</b> <i>Tracking Ovulatory Cycles with Temperature</i> – Azure Grant <i>Felt Routines</i> – Stephen Fortune <i>Sleep as a Galaxy</i> – Danielle Roberts

## SATURDAY JUNE 17TH

# SESSION 1

10.30 – 11.30

## SHOW&TELL

### OWNING MY QUANTIFIED SELF DATA

— Aaron Parecki

Over the years of collecting all sorts of Quantified Self data, I've been moving more and more onto my personal website rather than letting it sit in someone else's cloud. This lets me be sure that my data will stick around even after apps and devices go away.

### HOW I FOUND MY PSYCHEDELIC SWEET SPOT USING R

— Ahnjili ZhuParris

In "quantifying" my psychedelic experiences, I have documented a wide range of both extrinsic (i.e., environment, human interaction, music) and intrinsic (i.e., mood, intention, and thought loops) factors.

### MY QS COMICS

— Andreas Schreiber

I've been making automatically generated comic strips of personal self-tracking, using apps, measured data, and data visualizations.

### A LIFE OF FRACTALS

— Justin Timmer

Over four years I have tracked more than 40 variables on a daily basis. But why do I track these variables? Is there a deeper pattern of reasoning behind my lifelogging and self-tracking experiments? Why do I ask the questions I ask? And where does it take me?

## BREAKOUTS

### ARCHIVING AND PRESERVING OUR QS DATA

— Frank Hopfgartner, Cathal Gurrin

Archivists and librarians have experience preserving all kinds of different materials, taking into account both present requirements and possible future needs. What can the QS community learn from best practices in digital curation and preservation?

**LOCATION:** STELLENBOSCH

### QS INSTITUTE - HELP DEFINE OUR RESEARCH PROGRAM IN EUROPE

— Martijn de Groot

Through the Quantified Self Institute, an international community of researchers, clinicians, students, and educators are advancing many new approaches. Come help us define our program and get involved.

**LOCATION:** SORBONNE

## WORKSHOP

### A QS RUNNERS WORKSHOP

— Marcel van der Kuil

This is a special session in which we will jog to a track close by and run some fitness tests. We'll follow up with analysis on how your performance indicates your current health. Wear some jogging gear and bring your own heart rate monitor!

**LOCATION:** UNIVERSITY OF AMSTERDAM 1

# SESSION 2

12.00 – 13.00

## SHOW&TELL

### DOES BIOFEEDBACK HELP IMPROVE FOCUS AND MEDITATION?

— Agnieszka Krzemińska

I have meditated with the Muse meditation headband for almost two years. The aim was to improve my focus and concentration ability during the meditation session and afterward. Here is what my experience was!

### CAN A PICTURE BE WORTH A THOUSAND NUMBERS?

— Laila Zemani

Body shape has been shown to be a better predictor of lifestyle-induced disease than BMI. Three-dimensional body scanners enable the 3D visualization of the body and the extraction of anthropometric landmarks and measurements. I wanted to see how body scanning compared to other ways of measuring physical variations (and how it felt to "get scanned").

### MY HEALTH SCARS

— Ellis Bartholomeus

I'll share my "quantified body" as tracked by my physical scars. The data on my scars includes date of the injury, size of the scar, impact of the scar, and healing time. (All scars are accidental, by the way.)

### MEASURING AND PREDICTING DAILY SATISFACTION

— John Cottongim

How I learned to track, measure, and predict my daily satisfaction by combining automation, visualization, and machine learning ... all without code.

## BREAKOUTS

### SELF-TRACKING VS. SELF-SURVEILLANCE

— Jana Beck

Many of us got into self-tracking as a tool to effect behavior change and self-improvement, but it doesn't always turn out as well as we'd hoped or expected. The goal of this session is to discuss and attempt to define the difference between self-tracking (a neutral or positive activity) and self-surveillance (a negative activity).

**LOCATION:** OXFORD

### THE STATE OF MICROBIOME TRACKING

— Mark Moschel

It's now been years since consumer microbiome kits have been available. What are we learning from our microbiome data? What have you done differently based on your results?

**LOCATION:** SORBONNE

## WORKSHOP

### USING YOUR GENETIC DATA TO IMPROVE SLEEP

— Boomer Anderson

In this how-to, I'll show how you can use your 23andMe raw data to learn how to optimize sleep patterns based on your genetics.

**LOCATION:** STELLENBOSCH

# LUNCH

13.00 – 14.00

## OFFICE HOURS

### ALICIA WAY: PROTOTYPE FOR INTERACTIVE UNDERWEAR

— Alicia de Manuel

A prototype for future sexuality. Interactive underwear activated by body temperature would change the patterns according to the levels of arousal.

**AWAY-ALICIAWAY.TUMBLR.COM**

### QUANTIFIED LIFE

— Btihaj Ajana

This will be a screening of a 13-minute film about the QS practices of Thomas Blomseth Christiansen, who has tracked his sneezes for nearly a decade, followed by Q&A.

**AIAS.AU.DK**

**LOCATION:** UNIVERSITY OF AMSTERDAM 3, 4

### SILENCE SUIT

— Danielle Roberts

I've created a meditation wearable that measures various physiological and environmental parameters.

**NUMUSEUM.NL/BLOG/TAG/SILENCE-SUIT**

### SCAUT

— Jonas Moll, Tariq Andersen

SCAUT provides an extension of cardiac device remote monitoring with both a patient mobile app and a clinician website.

**SCAUT.DK**

### FITNESSCITY

— Laila Zemani

Fitnesscity offers data-driven private training using our clients' physiology and lifestyle data to improve outcomes.

**FITNESSCITY.COM**

### BEEMINDER

— Bethany Soule, Lillian Karabaic, Daniel Reeves

Beeminder is Quantified Self plus commitment contracts. It graphs your progress on a Yellow Brick Road to your goal and if you go off track, it charges you!

**BEEMINDER.COM**

### WEARABLE TECHNOLOGY AS AN EXTENSION OF THE HUMAN BODY

— Rebecca Bergsland

This study highlights the process of interaction between wearable devices and their users, in particular how the technology affects and changes the human.

**INSTAGRAM.COM/HEALTHOUTSIDETHEBOX**

# SESSION 3

14.00 – 15.00

## SHOW&TELL

### HOW MUCH CARBON DIOXIDE DO I EMIT?

— Björn Hedin

Most people's lifestyles result in far more CO2 emissions than what is sustainable. I have used a

combination of tools to track my own CO2 emissions from the three areas (food, travel, and general consumption) which account for about 80% of Swedish household CO2 emissions.

### HIGH-FREQUENCY BLOOD GLUCOSE TESTING

— Gary Wolf

I have a simple home monitor that gives me a blood glucose reading every 15 minutes. I'll talk about discovering an unexplained pattern of nighttime blood sugar spikes.

### SUB-PERCEPTUAL PSILOCYBIN DOSING

— Janet Chang

I'll share data from my 12+-month experiment with sub-perceptual doses of psilocybin for the purposes of increasing social skills through decreased anxiety and elevated mood, empathy, and verbal fluidity.

### TAKING ON MY OSTEOPOROSIS

— Justin Lawler

In 2013, at the age of 38, I got a diagnosis of osteoporosis. After exhausting the usual route of blood tests and scans from the doctors, I started to take things more into my own hands, uncovering deeper health issues underlying the initial diagnosis.

### MY METABOLIC MACHINERY: HOW IT CONNECTS

— Tara Thiagarajan

I'll share my personal dashboard connecting sleep, diet, water intake, and brain activity (EEG), showing the patterns of interconnections.

## BREAKOUTS

### MAPPING YOURSELF: FAMILY CAREGIVERS DISCOVER THEMSELVES

— Rajiv Mehta

How can experienced self-trackers guide family caregivers in learning about their own situations, about their caring activities and resulting impacts on their family and community? Learn about an experiment being conducted in California, and explore how it could be replicated.

**LOCATION:** OXFORD

### CONNECTING SELF-TRACKING DATA TO HOME ASSISTANTS (E.G., ALEXA, GOOGLE HOME) FOR FAMILY DATA SCIENCE

— Sergio Bogazzi

The era of the robot home assistant is now upon us. Let's talk about new ways that these tools can be used for self-tracking.

**LOCATION:** STELLENBOSCH

## WORKSHOP

### TRACKING SUBJECTIVE EXPERIENCE

— Jakob Larsen, Thomas Blomseth

Christiansen

We'll explore some of the latest tools for tracking subjective experience and combining it with other data streams, including using smart buttons for simple one-touch self-tracking.

**LOCATION:** SORBONNE

# SESSION 4

15.30 – 16.30

## BREAKOUTS

### CONNECTING QUANTIFIED SELF TO MEDICAL PRACTICE

— Bart Timmers

Quantified Self can help both medical practice and medical research become better. There's one problem though: The medical system isn't prepared for accepting discoveries made by people who are learning from their own data. What can we do to connect the official medical world to QS?

**LOCATION:** UNIVERSITY OF AMSTERDAM 2

### USING YOUR DATA TO INFLUENCE YOUR ENVIRONMENT

— Ian Forrester

With the Internet of things all around us, it is now possible for your personal data to influence your environment. Soon, your personal data could be used to influence how a movie is shown to you! Let's talk about the implications and ethics of using data this way.

**LOCATION:** HARVARD

### THE ENTIRE HISTORY OF YOU

— Justin Lawler, Cathal Gurrin

What if your life was searchable? If you could "Google" your own personal database for people met, events attended, or food eaten? With lifelogging cameras and machine learning, we are closer to this than ever.

**LOCATION:** SORBONNE

### PRIVACY AND DATA OWNERSHIP: WHAT HAVE WE LEARNED?

— Marcel van der Kuil

Let's discuss the ethics of the use of personal data, especially in regards to privacy and data ownership.

**LOCATION:** UNIVERSITY OF AMSTERDAM 1

### N-OF-1: USING QS DATA FOR SINGLE SUBJECT SCIENCE

— Martijn de Groot

Single-subject design is a scientific method to generate evidence within one subject (n-of-1). But how do you conduct a self-experiment according to these principles? In this breakout, I'll share our experiences with students conducting n-of-1 studies in our QS teaching programs, followed by a discussion about your collective experiences in self-experimentation.

**LOCATION:** OXFORD

### HEALTH AND SOCIAL POLICY: HOW CAN SELF-TRACKING DATA HELP?

— Ulrich Atz

How should self-tracking data be used to influence public policy? What data would you gather from the population and how would you use it? A key issue for policy-makers collecting data for measuring, for example, the factors influencing asthma rates is the need of a representative sample from all strata of society. At the same time, citizens have different incentives to participate in self-tracking. What are good examples of incentives that motivate people across gender, race, or age?

**LOCATION:** STELLENBOSCH

## WORKSHOPS

### HOW TO TRACK AND ANALYZE YOUR DEVICE TIME

— Azure Grant

Have you been using an app to track your device usage during the conference? Let's explore this data together.

**LOCATION:** CAMBRIDGE

### USING IFTTT AS A QS TOOL

— Simon Dennis

Creating connections between data streams can be simplified using modular programming tools like If-This-Then-That. I'll show how to use IFTTT to help visualize data and quantify your experiences.

**LOCATION:** CORNELL

# SUNDAY JUNE 18TH

## SESSION 5 10.30 – 11.30

### SHOW&TELL

#### MY NUMBERS SUCKED BUT I MADE THIS BABY ANYWAY

— Whitney Erin Boesel

In 2015, I accidentally learned that it was “too late” for me to have children. I started tracking my AMH (and other hormones) as a result, but the most important things I learned had nothing to do with endocrinology. And even with abnormally low numbers, I still managed to conceive and give birth to a very healthy baby.

#### OVER-INSTRUMENTED RUNNING: WHAT I LEARNED FROM DOING TOO MUCH

— Thomas Blomseth Christiansen

For the last two years I’ve been on an intense quest to figure out how to improve my running. This led me to use many more instruments than might seem rational at first glance, but I’ve learned quite a bit.

#### MY PHONE USE DATA

— Joost Plattel

Our phones can store data on many things, including how much we use them. I’ve been looking at my phone use data and I’ll share what I’ve learned.

#### SELF-TRACKING MY FAMILY’S WELL-BEING

— Sergio Bogazzi

A few years ago I started tracking key aspects of my family’s well-being. Today I regularly collect and analyze this data to improve our health, growth, and happiness. This talk presents the data and tools I created along the way, lessons learned, and ideas for improving the process moving forward.

#### THE DASHBOARD OF MY LIFE

— David de Souza

I have been using a Fitbit and Withings bathroom scale for years, but in 2016 I decided to get serious with my (quantified) self and started recording the 35 most important areas of my life. I’ve been able to use Google Sheets to create a personal dashboard.

### BREAKOUT

#### CAN INDIVIDUALS MAKE MONEY FROM THEIR OWN SELF-TRACKING DATA?

— Tally Hatzakis, Maureen Meadows

What new digital business models can we invent to monetise QS data, while respecting QS users’ privacy? As QS creates valuable information about humanity, which can be of great economic interest, people and organisations are already seeking to create economic value from QS data. How can we do so without impinging on users’ privacy?

LOCATION: HARVARD

### WORKSHOPS

#### METABOLISM AND SLEEP

— Justin Lawler

There are now many tools to help track sleep. What’s the next step for connecting sleep data, a well-known metabolic influence, with blood glucose measurements?

LOCATION: STELLENBOSCH

#### METABOLISM AND FOOD

— Jakob Eg Larsen

Food drives metabolism, but accurate food logs remain hard to create. We will explore the current state of the art and emerging tools for tracking food and metabolism.

LOCATION: SORBONNE

#### METABOLISM AND ACTIVITY

— Martijn de Groot

Actigraphy, or motion sensing, is a fundamental QS tool. Supplemented by heart rate data, activity tracking is becoming very sensitive. How does it influence our metabolic data, and vice versa?

LOCATION: OXFORD

## SESSION 6

12.00 – 13.00

### SHOW&TELL

#### TRACKING PRODUCTIVITY FOR PERSONAL GROWTH

— Kyrill Potapov

I’ve been hacking RescueTime, which tracks how I use my computer, to make it a tool for personal growth rather than work optimization.

#### BLOOD KETONES DURING REGULAR FASTING

— Mark Moschel

I’m experimenting with a ketogenic diet and fasting, and doing a lot of blood ketone testing.

At first, I was measuring my ketone levels intermittently; then, for a couple days, I sampled every two hours to see how my levels changed in higher temporal resolution.

#### SETTING GOALS AND HOLDING MYSELF TO ACCOUNT

— Lee Rogers

Lessons learned from my goal dashboarding and annual reporting experiments.

#### UNDERSTANDING FITNESS WITH MUSCLE ACTIVATION DATA

— Shelly Jang

From looking at thousands of hours of muscle activation data, the message is clear: when in doubt, activate your glutes.

#### SEEING MY DATA IN 3D

— Stephen Cartwright

I make glass, plastic, and resin sculptures that capture the beauty of my self-recorded data. The sculptures float in the air or are captured in clear blocks to reveal intersections and correlations of the data.

### BREAKOUTS

#### CHANGING PERCEPTION OF THE BODY

— Martin Berg

How do our perceptions of our body shift when we engage in self-tracking practices that involve sensors and apps? Do we “feel ourselves” differently when such devices are used?

LOCATION: HARVARD

#### HACKING STRESS: USING BIOMETRICS TO IDENTIFY AND QUANTIFY MENTAL STRESS

— Michelle Zheng, Mark Klibanov

In our connected age, how do we deal with life’s stressors? Join this discussion about how we track and deal with stress using different wearables and methods. We will share our latest project - smart underwear - and how we’ve used biometrics.

LOCATION: STELLENBOSCH

### WORKSHOP

#### HOW TO PLAN FOR DATA ACCESS WHEN CHOOSING A QS TOOL

— Aaron Parecki

Eventually you are going to want to have access to the data you collect using self-tracking tools. This workshop will instruct you on how to make a wise choice of tools in advance.

LOCATION: SORBONNE

## LUNCH

13.00 – 14.00

### OFFICE HOURS

#### #FASHIONYOURSELF: DATA AND CLOTHES

— Anna Franziska Michel

We are transforming our tracking data into personalized fashion design. The goal is to use our data as best we can to create a highly individual garment.

NOETIA.DE

#### A PHYSICAL SELF-TRACKING COLLECTION

— Ellis Bartholomew

Come check out my personal collecting habits – of all my ID passes, business cards, and entrance passes to all events ever – and talk about how our physical mementos can be self-tracking tools.

ELLISINWONDERLAND.NL

LOCATION: HEIDELBERG

#### WESAVVY

— Hesus Inoma

Our aim is to improve a person’s lifestyle with rewards and gain full control over their insurance with their lifestyle data.

WESAVVY.COM

#### EVOKE LAB

— Judith Gregory

In EVOKE, we are investigating our evolving and expanding reliance on algorithms, numeracy, and quantification as tools for understanding who we are.

EVOKE.ICCS.UCI.EDU

#### PHD RESEARCH: USING QS DATA WITH DOCTORS/CLINICIANS

— Siddharth Nair

This project aims to study the use of self-tracked health data, particularly by those managing long-term (chronic) health conditions. The study focus is on aspects of data sharing and interpretation, when making use of this data collaboratively with doctors/clinicians. The URL leads to the project’s survey.

IS.GD/QS2017

#### MINDTRACK

— Tara Thiagarajan

MindTrack, from Sapien Labs, allows you to track the inputs to and activities of your mind and combines these with measurements of brain activity.

SAPIENLABS.ORG

#### THE HUMAN PROJECT

— Ulrich Atz

The HUMAN Project is an interdisciplinary research platform powered by the data of 10,000 people across as many domains and disciplines as possible. The research platform serves as a public resource for learning everything possible about the connections between our minds, bodies, and environments to enable the development of new theories, therapeutics, and policy recommendations to solve the toughest societal challenges facing us today.

THEHUMANPROJECT.ORG

## SESSION 7

14.00 – 15.00

### SHOW&TELL

#### BALANCING NEUROTRANSMITTERS IN NEUROLOGICAL ILLNESS

— Sara Riggare

I will share how I work to keep up with my progressive neurological illness by tweaking and re-tweaking my medications, including what I’ve learned from the most recent changes to my Parkinson’s medication.

#### TRACKING MY SLEEP AND RESTING HEART RATE

— Jakob Eg Larsen

I’ve got long-term data on my sleep and my resting heart rate. I’ll talk about how these two types of data are linked and what I’ve learned.

#### WHAT IF MY LIFE WAS THE ECONOMY OF A SMALL COUNTRY?

— Lillian Karabaic

I have been producing annual reports based on my hand-collected data for 10 years. I’ll show off my 2016 report, which chronicles my finances, health, and rapid career change in the style of The Economist magazine.

#### OVERTHINKING EVERYTHING I OWN

— Matt Manhattan

How my obsession with keeping a visual and textual diary of everything I owned changed the way I think.

### BREAKOUTS

#### SELF-TRACKING FOR THE GOOD OF THE WORLD

— Justin Timmer

Let’s talk about how self-tracking data and practices could be used to improve society.

LOCATION: SORBONNE

#### ANXIETIES OF SELF-TRACKING

— Natasha Schull

Some find that self-tracking alleviates feelings of anxiety; others find that it exacerbates or even produces its own anxieties. Coping strategy or side effect? Solution or symptom? Drawing on our own experiences, we’ll explore the different ways that self-tracking relates to anxiety in its personal and cultural varieties.

LOCATION: OXFORD

### WORKSHOP

#### THE QUANTIFIED MARATHON RUNNER

— Marcel van der Kuil

In this how-to, I will go over how to use data to help you train for a marathon.

LOCATION: STELLENBOSCH

## SESSION 8

15.30 – 16.30

### BREAKOUTS

#### DO CORPORATE WELLNESS PROJECTS BASED ON QS TOOLS WORK?

— Colin Cleeren

Many self-tracking tools and apps are available through corporate wellness programs. What has been learned from QS in the workplace over the past few years? Do these programs work? What are the downsides?

LOCATION: HEIDELBERG

#### HIGH-FREQUENCY CHOLESTEROL MEASUREMENT

— Gary Wolf

Most of us have our cholesterol checked once a year, if at all. Much more high-frequency measurement is now pretty easy. Come learn about and discuss the factors influencing cholesterol and how to make our own discoveries.

LOCATION: UNIVERSITY OF AMSTERDAM 2

#### PERSONAL DATA AND AUTHORITY - WHO’S IN CONTROL

— Kyrill Potapov

Does our personal data empower us or restrict us? Should we encourage or restrict how children and other vulnerable groups use smart technologies? Do we need new data ethics to articulate potential for harm when our data is controlled by others?

LOCATION: STELLENBOSCH

#### THE DATA MARKETPLACE

— Simon Dennis

Qs discuss the pros and cons of commoditizing QS data.

LOCATION: CORNELL

#### DATA WRANGLERS: WHAT DO YOU WISH YOU’D KNOWN SOONER?

— Stephen Fortune

Rather than data visualisation as data presentation, let’s talk about data visualisation as data exploration and what exploration means when you’re working with n-of-1 data. All comers welcomed, from those just getting started to proficient data visualisers. Let’s talk data-viz aloud, share wisdom, swap notes and favourite tools, and figure out how we can help personal data-viz neophytes.

LOCATION: CAMBRIDGE

#### ORGANIZING A QUANTIFIED SELF SHOW&TELL MEETUP

— Steven Jonas

Over a hundred QS Show&Tell groups have been organized around the world. Come meet your fellow organizers, talk about making a great meetup group, or get inspired to start one.

LOCATION: SORBONNE

#### TRACKING HORMONES, MENSTRUATION, AND FERTILITY: COMMON AND UNCOMMON DIMENSIONS

— Whitney Erin Boesel

Through new tools and some old methods, women are gaining insight into their hormones and cycles. We’ll talk about what to look at and what can be learned.

LOCATION: UNIVERSITY OF AMSTERDAM 1

### WORKSHOPS

#### CREATING DASHBOARDS USING GOOGLE SHEETS AND TABLEAU

— John Cottongim

In this how-to, I’ll show how to set up a dashboard in Tableau using data pulled from Google Sheets.

LOCATION: HARVARD

#### HOW TO TRACK BRAIN ACTIVITY WITH EEG

— Tara Thiagarajan

EEG has come out of the laboratory and into our hands. Let’s explore how to use this data to discover things that are relevant to our personal self-tracking questions.

LOCATION: OXFORD

## QS17

### QUANTIFIED SELF CONFERENCE

JUNE 17-18, 2017  
AMSTERDAM



### PROGRAM

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