QS Quantified Self Conference 2013
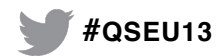
Saturday, May 1

8:00 am Registration & Coffee
(Breakfast on your own)

9:00 am **Opening Welcome**
University of Amsterdam 2/3/4
Gary Wolf

Opening Plenary
Mood, Emotion, and Meaning
Robin Barooah and Jon Cousins

10:00 am **Break**

10:30 am **Session 1**: Show&Tell talks, breakouts,
and office hours at various locations
(check session agenda on following pages)

11:30 am **Break and pick up lunch** in Erasmus 1/2

12:00 pm **Lunch and Ignite Talks**
University of Amsterdam 2/3/4

1:30 pm **Session 2**

2:30 pm **Break**

3:00 pm **Session 3**

4:00 pm **Break**

4:15 pm **Plenary Session**
QS & Medicine: Caring for Ourselves
University of Amsterdam 2/3/4
Eri Gentry, Renate Zwijsen, Sara Riggare

5:15 pm **Reception**
Erasmus 1/2

6:00 pm **Town Hall**
That's Me in Your Life-Log -
A Memoto Experiment
University of Amsterdam 2/3/4

7:00 pm **Saturday night socializing** see:
quantifiedself.com/qseuropesocial

Sunday, May 2

8:00 am **Coffee** (Breakfast on your own)
Erasmus 1/2

QS Science & Scholars Breakfast Roundtable
Casa 400 Restaurant

9:00 am **Plenary Session**
What Makes Data Open?
University of Amsterdam 2/3/4
Jan Peter Larson
David Andre
Anne Wright

10:00 am **Break**

10:30 am **Session 4**

11:30 am **Break and pick up lunch**
Erasmus 1/2

12:00 pm **Lunch and Ignite Talks**
University of Amsterdam 2/3/4

1:30 pm **Session 5**

2:30 pm **Break**

3:00 pm **Session 6**

4:00 pm **Break**

4:15 pm **Closing Plenary Session**
Life-logging at Different Speed
University of Amsterdam 2/3/4
Cathal Gurrin
Buster Benson

Session 1 - Saturday, 10:30 am

Show&Tell Talks (University of Amsterdam 2/3/4)

Self-Experimenting and Self-Tracking: A Personal Journey Into Myself - Mariusz Nowostawski
Take a quick tour with Mariusz through tracking his rock-climbing, paragliding, motorcycle racing, meditation, extreme running, cycling in Karakorum and a practice of silence. He asks: What can and cannot be communicated through words, numbers and graphs?

The Effect of Reintroducing Carbs into a Paleo Diet - Winslow Strong
After noticing troubling symptoms on a very low carb Paleo diet Winslow reintroduced starchy carbs and tracked the results. He shows what changed and what didn't.

QS Techniques in the Context of CBT and Personal Development - Michael Kazarnowicz
Michael is interested in personal development and quantified self. This session is for everyone interested in the grey zone between self-hacking and self-tracking, with an emphasis on the intersection of Cognitive Behavioral Therapy (CBT) and QS.

Stressing Out Loud - Steven Jonas
Using a heart-rate variability device, Steven set up a system at work that sent him audio alerts whenever it detected that he was stressing out.

Breakout Sessions

An Open Discussion on Building Habits - Ioan Mitrea (University of Amsterdam 1)
Share your own personal strategies or struggles around building habits and changing yourself. What tools do you use? Does building good habits make you happier?

Folksomony; Or, How Behavior Classification Ruined My Life - Sebastien Chastin (Sarbonne)
Every aspect of our behavior can be logged with body-worn sensors, processed by state of the art AI, taxonomised and classified. What is under this veneer of objectivity? How are classifications made, by whom and why? How does this affect us? Should we folksonomise?

Quantified Self Research - Jakob Eg Larsen (Stellenbosch)
Quantified Self and life-logging has gained increased attention among scientists and researchers. In this session Jakob will introduce ongoing large scale QS research at the Technical University of Denmark and use that as a starting point for a discussion of the challenges.

Quantified Self and Statistics - Alan Dabney (Cornell)
Alan will talk about what statistical science can tell us about optimizing an individual using QS techniques. No prior stats knowledge is necessary and technical jargon will be kept to a minimum. Alan will discuss basic principles and how you can apply them to empower more insight into the self.

QS as a Catalyst for Learning? - Hans de Zwart (Harvard)
In this session you will explore whether quantifying yourself can act as a catalyst for learning. Can it speed up the learning process? What adverse effects might it have in the context of learning?

Office Hours (Balcony)

Unfrazzle: Tracking anything, with friends - Rajiv Mehta (Tesla)
Designed to support family caregivers, Unfrazzle helps you remember to do your Quantified Self activities, and to record these activities however you want using amounts, scales, lists and free text. You can also share information with others, maintaining full control of what you share as you stay in synch.
unfrazzledcare.com

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From Quantification to Information using AI - Ivana Case (Lovelace)

ATIA provides tools and services for data-analysis. Their knowledge of Artificial Intelligence enables them to combine different machine learning techniques into a system that makes predictions based on input data.
alanturinginstitutealmere.nl

Systematic & Influence - Michal Mandrysz, Marek Gutt-Mostowy (Curie)

They will be talking about and demonstrating their open-source all-in-one tracking and productivity tools.
github.com/masteranza/influence

BodyMedia - Rachel Jackson (Feynman)

BodyMedia pioneered the development of wearable body monitors that collect physiological data for use in improving health, wellness and fitness. Learn about their new and existing tracking products!
bodymedia.com

FitSync - Laurent Gibb (Edison)

Fitsync is a web based platform that connects health and fitness applications and devices, providing an exchange that enables the automatic sharing of data.
fitsync.me

Lunch - Saturday, 12:00 pm

Ignite talks (University of Amsterdam 2/3/4)

Me, Myself and I: A Dream Tracking Tale - Luca Mascaro

Happiness Through an App - Giorgio Baresi

Insights from Tracking Walking Patterns - Per Sandholm

Recording Life with Momento - Oliver Waters

The uMotif Parkinson's Tracker - Caspar Addyman, Sara Riggare

A Marketplace for Healthy Activities - Luca Foschini

Visualizing Data in New and Unusual Ways - Pete Denman

Session 2 - Saturday, 1:30 pm

Show&Tell talks (University of Amsterdam 2/3/4)

Surprises From 4 Years of Tracking Books Read - Rajiv Mehta

A memory-aid effort led to troubling findings when the data was analyzed: "fat, salt & sugar" had invaded Raj's book world!

The Arithmetic of Life - David Gordon

The beauty and the angst of living by numbers. An honest (and optimistic) account of a diabetic's everyday life.

Using Data to Hack My Habits and Whip Up My Willpower - Mark Leavitt

Can Quantified Self techniques really help transform life-long health habits? Mark discusses his ambitious self-tracking experiments, the data he's collected, and his results. (We hope he will also show pictures of his bicycle chair with ambient feedback - the editors)

Tracking Activity, Posture and Time for Increased Health and Productivity - Florian Schumacher
Florian uses self-tracking to stay fit and focused while working on lots of different projects. He will show data from the activity monitor, posture sensor and time-tracking system that helps him maintain his health and productivity.

Breakout Sessions

Activity Trackers - Michael Kazarnowicz (Stellenbosch)
There's a lot of work going on in the QS community to explore how activity trackers are similar and different. This session will analyze the most common activity trackers on the market today. Please bring along your own knowledge or comparative data to share.

Quantified Self APIs: the Good, the Bad, and the Ugly - Eric Jain (Sarbonne)
This session is meant to bring together providers and consumers of QS-related APIs. Explain your use cases, air your grievances, discuss best practices, and learn about common pitfalls.

A Quantified Self Journal - Daniel Gartenberg (Cornell)
A QS Journal can help the QS movement by legitimizing, organizing, and promoting QS talks, but how should such a journal be structured? Daniel will propose a peer review process that uses the local QS community Meetups, and a structure for journal articles using the three QS questions: What did you do? How did you do it? What did you learn?

The Missing Trackers - Whitney Erin Boesel (University of Amsterdam 1)
QS and self-tracking are growing phenomenons but who is missing in the community? What can be learned about our community by looking at who isn't here? And what should be done about it?

The Entextualized Self - Rodney Jones (Heidelberg)
This session will explore the ways QS interfaces transform raw data into 'texts' that people can use to solve practical problems. They will discuss the semiotic and linguistic features of different interfaces (how they 'translate' data and how they 'talk' to their users), and the ways these features can either help or hinder problem solving.

Office Hours (Balcony)

In The Flow App - Giorgio Baresi (Tesla)
In The Flow is a mobile app that makes you happier by letting you set your life goals, track them and keep the motivation high over time.
intheflow.it

Selfcare Academy - Sara Riggare (Lovelace)
The Selfcare Academy is being built to inspire people with chronic diseases to be more active in their care. We'll be showing off two iOS apps we've created for personal health improvements.

Sense OS - Suzanne Harkhoe (Curie)
Transform your smartphone into a personal assistant. By way of their cloud-based platform (with pattern recognition), Common Sense, they can monitor the behavior of individuals and groups via smartphone-based sensors, as well as external sensors, and thus create personal and environmental context aware applications, that can help and support individuals.
sense-os.nl

AchieveMint - Luca Foschini (Feynman)
Learn more about Achievemint, a platform that rewards healthy activities.
achievemint.com

Heart Rate for Medical Applications - Vishal Sisodia (Edison)
Vishal will be demonstrating hardware and software that can be used for taking your pulse and how it could be used for other medical applications such as stress.
dencomm.wordpress.com

HealthWizer - Henry Leopold (Goodall)
HealthWizer is a clinical research platform that enables researchers with search and data management tools, integrating patient data via QS technologies to accelerate research at reduced costs.
healthwizer.com

Session 3 - Saturday, 3:00 pm

Show&Tell talks (University of Amsterdam 2/3/4)

My Journey with Sleep Monitoring - Christel De Maeyer
What started as an experiment in 2010 with a Zeo sleep tracking device became a long period of research in sleep monitoring in a home setting. Christel will discuss how self-monitoring triggered her behavior change and changed her lifestyle for the better.

How Relationship Data Guides Me Through a Chaotic Life - Fabio Ricardo dos Santos
Life is full of people! Fabio will discuss how data collected about relationships in a complex social environment helped him to make more conscious decisions on building depth and close connections.

Using the Internet of Things for Better Motivation - Charalampos Doukas
Charalampos found that he often neglected to use his activity tracker and to keep his physical activity at a proper level. He will describe his experience using tools inspired by the idea of the Internet of Things to find new motivation, improve his daily physical activity, and keep himself more fit.

Measuring Training Exhaustion (and Readiness) - Jasper Philipp Kalwies
For every athlete, the right amount and intensity of training and recovery is key to successful performance. Until now, there has been no convenient and easy way to measure training exhaustion or to help find the right moment and intensity for the next workout. Jasper will talk about testing a new device which promises to deliver that data.

Breakout Sessions

The Self in Data - Sara Watson (Harvard)
In Sara's research on the QS community, she has found that there is much talk about technical requirements of data, and about how to use data. What isn't often talked about is what it means to know ourselves through data. This breakout is an opportunity to discuss what data reveals about people and how people relate to their data.

A Health Lifestyle Through Technology, Science and Fun - Martijn de Groot (Cornell)
Martijn will describe his experiences with creating the QS Institute (launched September 28th 2012 in Groningen, the Netherlands) with the cooperation of QS Labs, and show some preliminary results of the research program. This session is a good chance to learn from the founders of the QS Institute and share your own ideas about QS research.

Open Source Brain Metrics for Performance Tracking - Richard Ryan, Martin Sona (Stellenbosch)
Veteran QS-ers Richard (NYC) and Martin (Aachen) outline their exciting experiment in tracking cognition. Open source EEG hardware generates plentiful raw numbers that, with privacy controls, can feed crowd-sourced data pools. Hear the latest news on their global hunt for relevant brain state markers and learn to track your own brain using affordable, standardized technology.

A QS/BodyMedia Tracking Experiment - Rachel Jackson (Sarbonne)
In this session, discuss experiences with BodyMedia self-tracking systems, share questions with a member of the team, and evaluate recent ideas proposed in the QS Forum of ways to use the rich BodyMedia data streams.

Data Visualization Techniques - Pete Denman (University of Amsterdam 1)
The rings on a tree, the strata of Earth's crust, the petals of a flower, the depth of clutter on your desk, even the lines on your face all tell a story. Examine this natural visual affordance and discuss some new ways to visualize data. Please bring a favorite tool or visualization.

Office Hours (Balcony)

Chronio - A Modern Journal for Personal Development - Florian Shumacher (Tesla)
Chronio is an innovative multimedia journal that makes it easy and fun to capture your ideas, memories and thoughts.
chron.io

Quantified Self at Work – Tools to Support Reflection on Past Experiences - Veronica Rivera (Lovelace)
Veronica's research is on using QS approaches to support reflection at work. Learn how to quantify mood and feedback in the workplace.
mirror-project.eu

Open Biosensors - Fu-Chieh Hsu (Curie)
They make the world's smallest, low-cost, wireless, wearable bio-sensor kit, with open data format and open source SDK support, and associated application enablement.
op-innovations.com, bioshare.info

Optical Heart Rate Sensing - Christian Presura (Feynman)
Learn more about the optical heart rate sensing technology pioneered at Philips and used commercially in the Mio Alpha heart rate watch.
alphaheartrate.com

Limeade - David Reeves (Edison)
Limeade helps employees improve well-being -- we integrate health, activity (fitbit/runkeeper/etc) and productivity data in a fun, social experience.
limeade.com

Session 4 - Sunday, 10:30 am

Show&Tell talks (University of Amsterdam 2/3/4)

Daily Rhythm Tracking w/ Nike+ Fuelband - Eric Boyd
Eric will discuss what he learned about his daily patterns by using the Nike+ Fuelband. This includes speed of walking, daily routine timings, number of steps to work, and some insights into what the Fuelband cannot measure.

This Is What I Ate - Ellis Bartholomeus
Ellis was curious about her eating patterns and embarked on a journey to track her food. She'll discuss what she learned about her diet (and motivation) from taking pictures of everything she ate.

Meditation and Brain Function - Peter Lewis
Along with several other volunteer subjects, Peter investigated whether brief periods of mindfulness meditation could impact speed and accuracy in solving math problems.

How I Got Started With Sleep Tracking - Jan-Geert Munneke
Fascinated by his own snoring, Jan-Geert started tracking to gain a better understanding of his sleep. He will be discussing how multiple sensor inputs helped him understand his sleep better.

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Breakout Sessions

Tracking Breathing as a Unifying Experience - Danielle Roberts (Harvard)
During this session, we will exchange experiences on the tracking of respiration and tracking and visualizing of life group data in general. You'll have the opportunity to take part in a demo using custom breath tracking wearables and real-time visualization of breath data.

QS and Internet of Things - Charalampos Doukas (University of Amsterdam 1)
The Internet of Things (IoT) is a collection of technologies and services that enable everyday objects to connect to the Internet. Self-tracking is a great IoT application. How could IoT further improve QS and facilitate people tracking more of themselves and their environment? How data can be shared? What are the main challenges that need to be addressed? We will discuss such issues and share personal experiences.

From Quantified Self to Quantified Communities - Yuri Van Geest (Cornell)
Discuss how individual self-tracking data can support learning within communities. Think QS meets Smart Cities and related topics. Exchange knowledge about interesting projects you've seen or participated in; how they were done and what was learned.

Encountering the Unquantified Other - Dorien Zandbergen (Sarbonne)
This breakout session with anthropologists Dorien Zandbergen and Zane Kripe will explore the implicit ideologies that we Quantified Selfers have about ourselves vis a vis the Unquantified Other. What is our role in larger society, where many people do not share our interests and identity? Is there an implicit vision of a different future, or evolutionary process being unleashed? If so, what it is it?

How Open Data Can be Personal and How Personal Data Might be Open - Ulrich Atz (Stellenbosch)
We observe a massive trend towards more data. What does this mean for the individual? Is big data a cure for all things? In this session let's explore the current challenges in the nexus of open and personal data. We will highlight some current best practices and establish how far it is from the best case scenario. Everyone interested in harvesting existing data, open data and privacy concerns is invited to this session.

Office Hours (Balcony)

Personalized Physical Activity Assessment with Wearable Sensors - Marco Altini (Tesla)
Marco's research focuses on machine learning techniques to develop methods able to derive individualized guidelines for lifestyle and behavioral change based on objective measures obtained with wearable sensors. He'll show and demonstrate some of the sensors and algorithms he recently developed.
marcoaltini.com

Memoto - Niclas Johansson, Petri Määttä (Lovelace)
Memoto develops a tiny camera with GPS that is worn as a clip, allowing life's precious moments to be captured in photos, without interrupting them or having to consciously remember to take photos. The Memoto app enables photos to be forever searchable and shareable on a smartphone.
memoto.com

101 Log - Artur Denysenko (Curie)
He'll be demonstrating 101 Log, the social life-logging network.
demo.101log.com

AskMeEvery - Eugene Granovsky, Mark Moschel (Feynman)
AskMeEvery is a web app that lets users track exclusively through SMS and email - never log in again.
askmeevery.com

Sympho.me - Erik Haukebø & Matias Doyle (Edison)
Sympho.me is a personal analytics platform.
sympho.me

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Lunch - Sunday, 12:00 pm

Ignite talks (University of Amsterdam 2/3/4)

Data aggregation and Exploration with Fluxtream/BodyTrack - Anne Wright

Unobtrusive Smart Environments for Monitoring in Everyday Life: USEFIL, a Promising Approach - Papadopoulos Homer

How I Hacked My Meditation Practice with My Mobile Phone - Carlos Rizo

Automatic Stress Tracking for Teams - Matteo Lai

3D Body Measurement on a Smartphone - Eleanor Watson

The Future of Wearable Sensors: From Quantifying Behavior to Quantifying Health - Marco Altini

Tracking with Zenobase - Eric Jain

Lifeslice - Stan James

Session 5 - Sunday, 1:00 pm

Show&Tell talks (University of Amsterdam 2/3/4)

Visualizing Physiological Data - Rain Ashford
Rain is a PhD researcher looking at novel methods of visualizing one's physical data, especially data generated from social situations. She'll discuss various ways of doing this and show how she uses the data in her work.

Activity Tracking and Weight Loss: Apps and Gadgets in Practice - Arne Tensfeldt
Arne will talk about how using Withings, Beeminder, and Fitbit helped support his weight loss and led to new habits.

Memomics and Meme-Longevity Interactions - Stuart Calimport
Stuart will discuss how he tracks his personal memome and longevity markers. He will share his tools and what he's learned, and also some inspiration about large scale memome tracking.

Tracking Dreams for Lucid Dream Training - Laurens Van Keer
As a frequent lucid dreamer with over two years of dream reports, Laurens will talk about how dream tracking can cultivate a heightened awareness in waking life as well as in our nightly dreams.

Breakout Sessions

On Sleep Tracking - Christel de Maeyer (Sarbonne)
Does self-monitoring with devices like myZeo and Body Media create enough awareness to change behavior and help maintain new habits? Use this session to learn and share experiences with designing tools and methods for helping with sleep.

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Pacemaker Hacker Says Worm Could Possibly Commit Mass Murder! - James Burke (Stellenbosch)

Alarmist headlines around networked products and their subversion are growing. What is the current status quo of QS and privacy/security? What can the QS community and companies do to help face these security and privacy risks?

Experiences in Organizing a Hackathon - Ian Li (Harvard)

At the CHI 2013 conference in Paris, Ian co-organized a two-day hackathon/workshop. He will share some of the experiences in planning the event and some of the projects that the attendees created. Let's share experiences in running similar events.

QS & Digital Immortality - Clement Charles (Cornell)

Could extensive QS data, enriched with exhaustive electronic memory and life-long cognitive information gathering, lead mankind to create digital copies of complete personalities, ensuring some kind of immortality? How? Why? When? Let's discuss!

QS Co-Laboratory - Gary Wolf (University of Amsterdam 1)

Want to do something with your data, but don't know how? Gary will talk about QS initiatives to work together to get more out of data. From small group hangouts to collaborative tool-making, the QS movement is evolving and you can be part of it.

Reflections on Algorithmic Selfhood - Natasha Dow Schüll (Heidelberg)

Discuss quantified selfhood with Natasha Dow Schüll, a cultural anthropologist whose research concerns the rise of digital self-tracking technologies and the new modes of introspection and self-governance they engender.

Office Hours (Balcony)

USEFIL Platform - Papadopoulos Homer (Tesla)

They will be showing their easy to use, open to developers TV-based communication platform for older adults.
usefil.eu

Automatic Stress Tracking in Everyday Life - Matteo Lai (Lovelace)

Empatica is a human data analytics company. They develop hardware and software for real-time emotion tracking in everyday life.
empatica.com

Data aggregation and exploration with Fluxtream/BodyTrack Candide Kemmler, Anne Wright (Curie)

Fluxtream/BodyTrack is an open-source personal data aggregation and visualization framework and set of data exploration tools to help you make sense of your life.
fluxtream.org

LifeSlice - Stan James (Feynman)

LifeSlice is Stan's simple open-source app for your computer that takes a picture of you and your screen every hour, and he's looking for new feature and tracking ideas for the soon-to-be-released new version.
wanderingstan.com/lifeslice

Soylent - Mikko Ikola (Edison)

Learn more about Soylent and the soon to be opened Soylent bar in Finland.
solyent.fi

Session 6 - Sunday, 2:30 pm

Breakout Sessions

QS and Social Science - Yngve Gregoriussen (Sarbonne)
The humanistic studies rely on various forms of quantitative and qualitative data, neither of which are necessarily that accurate. Knowing or unknowingly, people lie or can't remember how they felt and what they did. Can the technologies that drive QS help? Get introduced to, present, and discuss the research possibilities of QS.

QS and Citizen Science - Maneesh Juneja (Stellenbosch)
What role does QS play in promoting Citizen Science? Will Citizen Science accelerate the pace of new scientific discoveries in the 21st century? How can QS support the growth of Citizen Science in developing nations? What are the risks of citizens conducting their own scientific research?

Tracking Subjective States: Technologies, Applications and Implications - Dave Marvit (Harvard)
Most self-quantification involves tracking objective physical realities: weight, steps, calories. What happens when subjective states of ourselves and others are tracked? Some new stress tracking technology from Fujitsu will anchor a conversation about tracking subjective states. Please bring your own examples.

QS Labs and the QS Movement - Ernesto Ramirez (University of Amsterdam 1)
QS Labs exists to support the QS movement worldwide. This breakout session is a chance to talk about our work and contribute to future programming.

Office Hours (Balcony)

Awareness Lab, Experiencing the Invisible - Danielle Roberts (Tesla)
Awareness Lab invents tools for awareness at the intersection of art, science, technology and design. Media artist Danielle Roberts combines soft themes like stress, heart-beat or silence and hard techniques like software and electronics. This office hour will showcase several of her projects.
awarenesslab.nl

Zenobase - Eric Jain (Lovelace)
Zenobase integrates data from the Internet of Things, personal fitness and health tracking devices, among other sources.
zenobase.com

The Human Memome Project - Stuart Calimport (Curie)
Learn more about the Human Memome Project where they are logging ideas and behaviours and analysing how they affect longevity.
thehumanmemomeproject.com

Sit up Smart! Posture Improvement, Education and Self-tracking -
Esther Gokhale, Mark Leavitt (Feynman)
This education-based approach to posture improvement helps people become aware of their posture and how to improve it. They're exploring how posture might be quantified so people can track their progress more precisely. Join Esther Gokhale, founder of the Gokhale Method, and Mark Leavitt, Quantified Self Organizer for Portland, OR, for a demonstration and discussion.
gokhalemethod.com

The Mind App - Gustaf Kranck (Edison)
Gustaf will be demonstrating The Mind app, a suite of developing sensor technologies and applications to help track and learn about the state of the the mind.
themindapp.com, them1nd.com

Session 1 Saturday, May 1 10:30 am		
Show&Tell Talks	Breakouts	Office Hours
Self-Experimenting and Self-Tracking: A Personal Journey Into Myself - Mariusz Nowostawski	An Open Discussion on Building Habits - Ioan Mitrea (Univ. of Amsterdam 1)	Unfrazzle: Tracking Anything, with Friends - Rajiv Mehta (Tesla)
The Effect of Reintroducing Carbs into a Paleo Diet - Winslow Strong	Folksomony; Or, How Behavior Classification Ruined My Life - Sebastien Chastin (Sarbonne)	From Quantification to Information Using AI - Ivana Case (Lovelace)
QS Techniques in the Context of CBT and Personal Development - Michael Kazarnowicz	QS as a Catalyst for Learning? - Hans de Zwart (Harvard)	Systematic & Influence - Michal Mandrysz, Marek Gutt-Mostowy (Curie)
Stressing Out Loud - Steven Jonas	Quantified Self Research - Jakob Eg Larsen (Stellenbosch)	BodyMedia - Rachel Jackson (Feynman)
	Quantified Self and Statistics - Alan Dabney (Cornell)	FitSync - Laurent Gibb (Edison)

| Session 2 Saturday, May 1 1:30 pm		
Show&Tell Talks	Breakouts	Office Hours
Surprises From 4 Years of Tracking Books Read - Rajiv Mehta	Activity Trackers - Michael Kazarnowicz (Stellenbosch)	In The Flow app - Giorgio Baresi (Tesla)
The Arithmetic of Life - David Gordon	Quantified Self APIs: the Good, the Bad, and the Ugly - Eric Jain (Sarbonne)	Selfcare Academy - Sara Riggare (Lovelace)
Using Data to Hack My Habits and Whip Up My Willpower - Mark Leavitt	A Quantified Self Journal - Daniel Gartenberg (Cornell)	Sense OS - Suzanne Harkhoe (Curie)
Tracking Activity, Posture and Time for Increased Health and Productivity - Florian Schumacher	The Missing Trackers - Whitney Erin Boesel (Univ. of Amsterdam 1)	AchieveMint - Luca Foschini (Feynman)
	The Entextualized Self - Rodney Jones (Heidelberg)	Heart Rate for Medical Applications - Vishal Sisodia (Edison)
		HealthWizer - Henry Leopold

Session 3 Saturday, May 1 3:00 pm		
Show&Tell Talks	Breakouts	Office Hours
My journey with Sleep Monitoring - Christel De Maeyer	The Self in Data - Sara Watson (Harvard)	Chronio - A Modern Journal for Personal Development Florian Shumacher (Tesla)
How Relationship Data Guides Me Through a Chaotic Life - Fabio Ricardo dos Santos	A Health Lifestyle Through Technology, Science and Fun - Martijn de Groot (Cornell)	Quantified Self at Work — Tools to Support Reflection on Past Experiences - Veronica Rivera (Lovelace)
Using the Internet of Things for Better Motivation - Charalampos Doukas	Open Source Brain Metrics for Performance Tracking - Richard Ryan, Martin Sona (Stellenbosch)	Open Biosensors - Fu-Chieh Hsu (Curie)
Measuring Trainings Exhaustion and Readiness - Jasper Philipp Kalwies	A QS/BodyMedia Tracking Experiment - Rachel Jackson (Sarbonne)	Optical Heart Rate Sensing - Christian Presura (Feynman)
	Data Visualization Techniques - Pete Denman (Univ. of Amsterdam 1)	Limeade - David Reeves (Edison)

Session 4 Sunday, May 2 10:30 am		
Show&Tell Talks	Breakouts	Office Hours
Daily Rhythm Tracking with the Nike+ Fuelband - Eric Boyd	Tracking Breathing as a Unifying Experience - Danielle Roberts (Harvard)	Personalized Physical Activity Assessment with Wearable Sensors - Marco Altini (Tesla)
This Is What I Ate - Ellis Bartholomeus	QS and Internet of Things - Charalampos Doukas (University of Amsterdam 1)	Memoto - Niclas Johansson, Petri Määttä (Lovelace)
Meditation and Brain Function - Peter Lewis	From Quantified Self to Quantified Communities - Yuri Van Geest (Cornell)	101 Log - Artur Denysenko (Curie)
How I Got Started With Sleep Tracking - Jan-Geert Munneke	Encountering the Unquantified Other - Dorien Zandbergen (Sarbonne)	AskMeEvery - Eugene Granovsky, Mark Moschel (Feynman)
	How Open Data Can be Personal and How Personal Data Might be Open - Ulrich Atz (Stellenbosch)	Sympho.me - Erik Haukebø & Matias Doyle (Edison)

Session 5 Sunday, May 2 1:30 pm		
Show&Tell Talks	Breakouts	Office Hours
Visualizing Physiological Data - Rain Ashford	On Sleep Tracking - Christel de Maeyer (Sarbonne)	USEFIL Platform - Papadopoulos Homer (Tesla)
Activity Tracking and Weight Loss: Apps and Gadgets in Practice - Arne Tensfeldt	Pacemaker Hacker Says Worm Could Possibly Commit Mass Murder! - James Burke (Stellenbosch)	Automatic Stress Tracking in Everyday Life - Matteo Lai (Lovelace)
Memomics and Meme-Longevity Interactions - Stuart Calimport	Experiences in Organizing a Hackathon - Ian Li (Harvard)	Data aggregation and exploration with Fluxtream/BodyTrack Candide Kemmler, Anne Wright (Curie)
Tracking Dreams for Lucid Dream Training - Laurens Van Keer	QS & Digital Immortality - Clement Charles (Cornell)	LifeSlice - Stan James (Feynman)
	QS Co-Laboratory - Gary Wolf (University of Amsterdam 1)	Soylent - Mikko Ikola (Edison)
	Reflections on Algorithmic Selfhood - Natasha Dow Schüll (Heidelberg)	Health Wizer - Henry Leopold

Session 6 Sunday, May 2 3:00 pm		
Show&Tell Talks	Breakouts	Office Hours
	QS and Social Science - Yngve Gregoriussen (Sarbonne)	Awareness Lab, Experiencing the Invisible - Danielle Roberts (Tesla)
	QS and Citizen Science - Maneesh Juneja (Stellenbosch)	Zenobase - Eric Jain (Lovelace)
	Tracking Subjective States: Technologies, Applications and Implications - Dave Marvit (Harvard)	The Human Memome Project - Stuart Calimport (Curie)
	QS Labs and the QS Movement - Ernesto Ramirez (University of Amsterdam 1)	Sit up Smart! Posture Improvement, Education and Self-tracking - Esther Gokhale, Mark Leavitt (Feynman)
		The Mind App - Gustaf Kranck (Edison)

Conference Venue Map
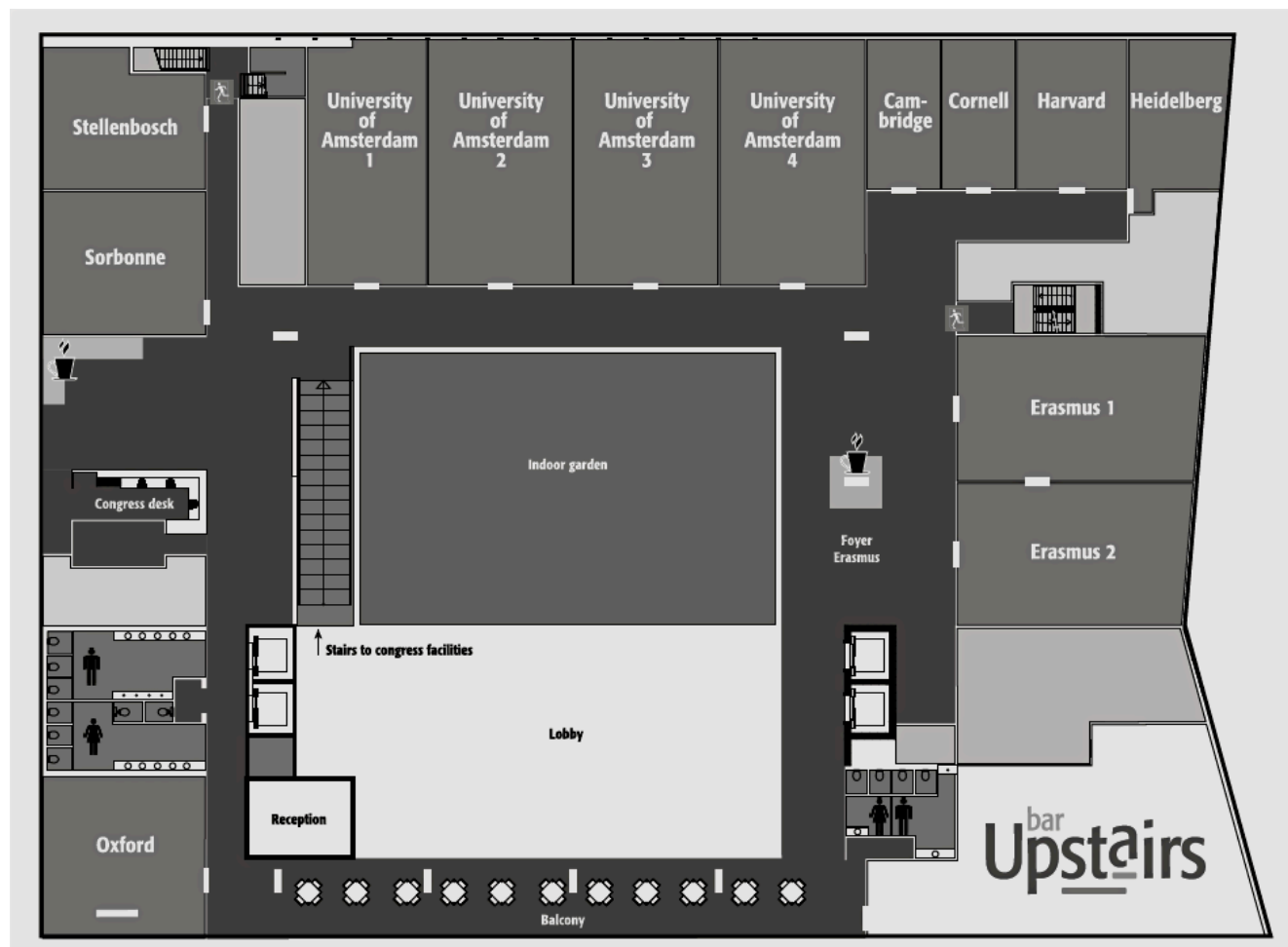
QS Quantified Self

Thank You Volunteers and QS Organizers!

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