Program

Saturday November 26

8am   Registration
      Coffee (Breakfast on your own)

9am   University of Amsterdam 2/3/4
      Gary Wolf: Conference welcome
      Yuri van Geest: Greetings
      Rain Ashford: Sensing Wearables

10 am  Break

10:30 am  Breakout Conversations 1 (page 5)

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

12 pm   Lunch and Ignite talks in University of
        Amsterdam 2/3/4 (page 11)

1:30 pm  Breakout Conversations 2 (page 6)

2:30 pm  Break

3 pm    Breakout Conversations 3 (page 7)

4 pm    University of Amsterdam 2/3/4
        Steven Dean: For me and you and
everyone we know - issues in designing
tools for the Quantified Self

5 - 6pm  Erasmus 1/2
        Reception (followed by no-host dinner
at Casa400 restaurant)
### Sunday, November 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am</td>
<td>Coffee (Breakfast on your own)</td>
</tr>
<tr>
<td>9am</td>
<td>University of Amsterdam 2/3/4</td>
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<tr>
<td></td>
<td><strong>Interactive whole group session</strong> - come with an open mind and be ready to participate!</td>
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<tr>
<td>10 am</td>
<td>Break</td>
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<tr>
<td>10:30 am</td>
<td>Breakout Conversations 4 (page 8)</td>
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<tr>
<td>11:30 am</td>
<td>Break, pick up lunch in Erasmus 1/2</td>
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<tr>
<td>11:45 am</td>
<td>Lunch and Ignite talks in University of Amsterdam 2/3/4 (page 11)</td>
</tr>
<tr>
<td>1 pm</td>
<td>Breakout Conversations 5 (page 9)</td>
</tr>
<tr>
<td>2 pm</td>
<td>Break</td>
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<tr>
<td>2:30 pm</td>
<td>Breakout Conversations 6 (page 10)</td>
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<tr>
<td>3:30-4:30 pm</td>
<td>University of Amsterdam 2/3/4</td>
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<tr>
<td></td>
<td>Laurie Frick: <strong>The Art of Tracking</strong></td>
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</tbody>
</table>
Plenary Sessions

Location: University of Amsterdam 2/3/4

Saturday Morning
9:00 am–10:00 am

Gary Wolf
Conference welcome!

Yuri van Geest
Announcements and greetings

Rain Ashford
Sensing Wearables: exploring sensors for wearable technology

Saturday Afternoon
4 pm–5 pm

Steven Dean
For me and you and everyone we know - issues in designing tools for the Quantified Self

Sunday Morning
9:00 am–10:00 am

Interactive whole group session
Come with an open mind and be ready to participate!

Sunday Afternoon
3:30 pm–4:30 pm

Laurie Frick
The Art of Tracking
## Breakout Session 1—Saturday 10:30 am

| Show & tell talks | Butterflye: Heart Rate Goggles  
| Location: University of Amsterdam 2/3/4 | Hind Hobeika  
| Tracking with the Hacker Diet | Jodi Schneider  
| Tracking/Improving my Lung Function | Christian Kleineidam  
| Lessons: a Year of Heart Rate Data | Kiel Gilleade  

### Personal Data Visualization
Steven Dean, Laurie and Mark Frick  
Location: U Amsterdam 1  
How do we give visual form to data, reveal patterns, and learn? We’ll show exemplary work & demos, and start on shaping and visualizing YOUR data. Bring data on your laptop/iPad.

### Hacking QS Devices
John Amschler  
Location: Oxford  
What happens when you take apart a Fitbit? What can you hack with Xygbee, RFID, and Bluetooth? How far out are open monitoring hardware platforms?

### Genomic Communities
Chia Hwu  
Location: Stellenbosch  
Many people are getting their DNA sequence and forming groups. Come discuss how to grow such communities

### Mindfulness Pills
Nancy Dougherty  
Location: Sorbonne  
How can we prompt lasting behavior change with sensors and chip-enabled pills that track mood, diet, and other metrics. Mindfulness, placebo effect, and data collection will be explored.

### Integrating Visualizations with Innertube
Ian Li  
Location: Harvard  
I will describe Innertube, a platform to create visualization widgets in a dashboard. We will look at code demos on how to create visualization widgets, and have a coding session.

### The Future of Everything
Sascha Pohflepp  
Location: Heidelberg  
The future of writing will be reading the data of our auto-autobiographies. Will we be aware of the transition?
# Breakout Session 2—Saturday 1:30 pm

<table>
<thead>
<tr>
<th>Show &amp; tell talks</th>
<th>Experience Sampling of my Stress</th>
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</thead>
<tbody>
<tr>
<td>Location: University of Amsterdam 2/3/4</td>
<td>Ulrich Atz</td>
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<tr>
<td></td>
<td>Sleep and Food: An Experiment</td>
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<td>Tim Vink</td>
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<td>Moodscope and Body Blogging</td>
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<td>Ute Kreplin</td>
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<td></td>
<td>A Mobile Biofeedback System</td>
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<tr>
<td></td>
<td>Giorgios Papastefanou</td>
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</table>

- **What To Learn From Hidden Cell Phone Data**
  - Niels Schrader and Bert Kommerij
  - Location: Sorbonne

- **Toolmaker Spotlight**
  - Rajiv Mehta, Denis Harscoat, Joost Plattel, Julien Gautier
  - Location: U Amsterdam 1

- **How to Use EEG for Self-Experimentation**
  - Martin Sona
  - Location: Heidelberg

- **Wearable and Environmental Sensors**
  - Danielle Roberts
  - Location: Stellenbosch

- **Tracking Olfaction**
  - Jenny Tillotson
  - Location: Harvard

- **Wisdom from Data**
  - Giorgo Baresi and Thomas Sutton
  - Location: Oxford

What can your data tell you about your relationships? Who do you call when you feel happy or sad? iYou is an open software project that visualizes your communication habits on your iPhone.

Toolmakers face the challenge of developing unique tools for QS projects and viable business models before self-tracking goes mainstream. Learn how they do it!

We will discuss available systems for consumers and hobbyists, how first hurdles can be overcome, and options for data recording and analysis.

The pros and cons of wearable environmental sensors. Let’s discuss the challenges: how can we make them reliable, less obtrusive, affordable?

A vision of SCENTSORY design: mix scent with wearables to reduce stress/insomnia and prevent bipolar relapse.

How do we successfully turn huge amounts of data into a meaningful flow of information to support people with minimal noise to their lives and jobs?
# Breakout Session 3—Saturday 3 pm

<table>
<thead>
<tr>
<th>Show &amp; tell talks</th>
<th>Tracking What I Do in my Browser</th>
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</thead>
<tbody>
<tr>
<td>Location: University of Amsterdam 2/3/4</td>
<td>Gerald Back</td>
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<tr>
<td>Moderator: Eri Gentry</td>
<td>My App Development Process</td>
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<td>Victor Milton van Doorn</td>
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<td>Triggering my Actions with Data</td>
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<td></td>
<td>Denis Harscoat</td>
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<td>Feedback and Awareness: from Paleo to Creativity</td>
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<td></td>
<td>Marco van Heerde</td>
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<table>
<thead>
<tr>
<th>Location Tracking</th>
<th>Location is valuable (meta-)data. As a frequent location-logger, I will show several cases and explore possibilities with the data generated.</th>
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</thead>
<tbody>
<tr>
<td>Joost Plattel</td>
<td>QSP and Privacy</td>
</tr>
<tr>
<td>Location: U Amsterdam 1</td>
<td>How can we ensure privacy as we share our data stories? What rights and responsibilities do we have? Where is the public-private boundary?</td>
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<table>
<thead>
<tr>
<th>QS and Relationships</th>
<th>Quantification is not always about a singular self. What happens if we bring quantification into relationships?</th>
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<tbody>
<tr>
<td>James Burke</td>
<td>Open Questions on Best Practices for QSP</td>
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<tr>
<td>Location: Stellenbosch</td>
<td>How can we more efficiently collect data? What makes some data easier to gather than others? What drives good tracking habits? Can we track this too?</td>
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<tr>
<th>Open Questions on Best Practices for QSP</th>
<th>Joachim Mortensen</th>
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<tr>
<th>QS and Privacy</th>
<th>Jodi Schneider</th>
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<tbody>
<tr>
<td>Location: Heidelberg</td>
<td>Mobile Biofeedback Systems</td>
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<tr>
<td></td>
<td>Georgios Papastefanou</td>
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<tr>
<td></td>
<td>Location: Harvard</td>
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<table>
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<tr>
<th>Mobile Biofeedback Systems</th>
<th>Let’s discuss devices which allow ubiquitous feedback of any of the physiological parameters. How are they used and when they are effective?</th>
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</thead>
<tbody>
<tr>
<td>Georgios Papastefanou</td>
<td>Sleep Tracking</td>
</tr>
<tr>
<td>Location: Harvard</td>
<td>What information about sleep is needed for behaviour change? How do we relate to sleep-measurement technology? What does body-sensing mean for individuals and for society?</td>
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<table>
<thead>
<tr>
<th>Sleep Tracking</th>
<th>John Fass</th>
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<tbody>
<tr>
<td>Location: Sorbonne</td>
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</table>
## Breakout Session 4—Sunday 10:30 am

<table>
<thead>
<tr>
<th>Show &amp; tell talks</th>
<th>Preventing Bipolar Relapse with smell</th>
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<tbody>
<tr>
<td>Location: University of Amsterdam 2/3/4</td>
<td>Jenny Tillotson</td>
</tr>
<tr>
<td>Moderator: Rajiv Mehta</td>
<td>Monitoring Parkinson’s Symptoms</td>
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<tr>
<td>Sara Riggare and Jon Stamford</td>
<td>Costs and Side Effects of Tracking</td>
</tr>
<tr>
<td>Jazi Zilber</td>
<td>1-leg Standing &amp; Sleep</td>
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<tr>
<td>Rajiv Mehta</td>
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### Personal Data Visualization

Steven Dean, Laurie and Mark Frick

- Location: U Amsterdam 1

How do we give visual form to data, reveal patterns, and learn? We’ll show exemplary work & demos, and start on shaping and visualizing YOUR data. Bring data on your laptop/iPad.

### The Internet of Actions: Using Data for Doing

Denis Harscoat

- Location: Sorbonne

Many self-tracking apps and sensors generate output that describe discrete actions. We will discuss perspectives on this emerging “Internet of Actions”.

### Version Control Systems for Lifelogging

James Burke

- Location: Oxford

Software development uses versioning to bring out new models. What impact might this have on people recording changes in their lives with versioning?

### Tracking Emotions at Work

Veronica Rivera

- Location: Harvard

We will discuss several approaches and challenges to capturing emotions at work, including mobile apps and sensors to support reflective learning.

### Building a Tricorder

Walter de Brouwer and Ivo Clarysse

- Location: Stellenbosch

Applying mobile, sensor and AI technology for automated medical diagnosis. Using tracking technology for acute scanning purposes.

### Dreams, Needles, Trance

Richard Ryan and Kristin Prevallet

- Location: Heidelberg

Hypnosis and acupuncture are ancient treatments for chronic health challenges. We will discuss quantifying the impact of integrative therapies.
## Breakout Session 5—Sunday 1:30 pm

<table>
<thead>
<tr>
<th>Show &amp; tell talks</th>
<th>How I Tracked Silence</th>
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<tbody>
<tr>
<td><strong>Location:</strong> University of Amsterdam 2/3/4</td>
<td>Danielle Roberts</td>
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<tr>
<td><strong>Moderator:</strong> Gary Wolf</td>
<td><strong>Social Anxiety vs. Fitness Tracking</strong></td>
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<td></td>
<td>Lisette Sutherland</td>
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<tr>
<td><strong>Using Sensor Patterns to Predict Addiction or Depression Relapse</strong></td>
<td>Jan Peter Larsen</td>
</tr>
<tr>
<td><strong>Tracking Fatigue</strong></td>
<td>Matthew Bright</td>
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### Objective vs. Subjective Self-Tracking

Giorgio Baresi and Thomas Sutton

**Location:** U Amsterdam 1

How can we successfully combine objective and subjective data in a patient-centric approach to health care without overwhelming people with extra work.

### Building Habits

Ioan Mitrea

**Location:** Sorbonne

Share your challenges, victories and strategies in hacking your habits. What tools are helpful? Do you have a routine that anchors your habits?

### Productivity Tracking

Peter Robinett

**Location:** Stellenbosch

How long is that task going to take? Was your estimate accurate? How can this help me be more productive?

### The Problem of Doing It!

Jazi Zilber

**Location:** Heidelberg

The main hurdle to self-tracking is not having an idea, but practically doing it. How do we solve this problem?

### Collaborating on a global freeware citizen diary

Kresten Bjerg

**Location:** Harvard

How can we build a diary to track and share data and stories across cultural and linguistic borders? I will show my work and invite ideas about this goal.

### QS Business Models

Maarten den Braber

**Location:** Oxford

Can QS be turned into business? Talking about value proposition, customers and revenue models.
Breakout Session 6—Sunday 3 pm

Show & tell talks
Location: University of Amsterdam
2/3/4
Moderator: Eri Gentry

Food/Drink vs. Mood/Fitness
Chia Hwu

Skin Cures Through Experimentation
Martha Rotter

My Sleep: WakeMate vs. FitBit vs. Zeo
Florian Schumacher

How To Induce Lucid Dreaming
Marcin Kowrygo

Cracking Behavior Change
Steven Dean and Ernesto Ramirez
Location: U Amsterdam 1
Can self-tracking help change behavior? We’ll discuss neuro-linguistic programming, positive and negative visualization, and rewards.

Empathic Design
Sarah Lewington and Michelle Hughes
Location: Sorbonne
We will discuss the idea of empathic design being a sustainable outcome of consumer-centred collaborative research. Part of a Unilever project.

Measuring Cognitive Performance
Christian Kleineidam
Location: Oxford
How can we objectively measure our mental capacity? What are the alternatives? What can we hope to learn from the measurements?

Biphasic Sleep and Neurofeedback
Ed Dench
Location: Harvard
Neural oscillations of the brain show that it is complex and malleable. Let’s discuss how neurofeedback training and sleep can change our brains.

A Programmable World
Kwela Hermanns
Location: Heidelberg
Join us to (a) map current QS tools, apps & projects and (b) dream up the apps we need but don’t yet have. We’ll do rapid prototyping in 4 scenarios.

Games For Health
Alex Gekker
Location: Stellenbosch
Games are becoming a tool for solving real world issues. We will discuss the exciting possibilities in merging self-tracking and game technologies, from exergaming to rehabilitation.
Lunchtime Ignite Talks
University of Amsterdam 2/3/4

Saturday

The impact of self-tracking on empathic design and market research
Sarah Lewington and Michelle Huges

What’s wrong with diet software?
Ken Snyder

Flight tracking
Andrew Hessel

Open-source neurofeedback
OpenEEG experiments
Andreas Sedlmeier

My experience with a smartphone brain scanner
Jakob Larsen

Asthmapolis
Steven Dean

Visualization of data in a learning and self-reflection context
Jose Luis Santos, Sten Govaerts, and Erik Duval

Boozerlyzer - Tracking your brain on booze
Caspar Addyman

(talks may be cancelled or added under the influence of serendipity)

Sunday

The "Daily Gratitude Exercise:"
a systematic approach to grateful thinking
Alen Faljić

Insights from The Four Hour Body App
Farid Behnia

Linking consumer devices to prevent behavioral diseases
Jochen Meyer

Lessons from quantifying behavior in obesity
Olivia Affuso

How self-tracking influences your environment from a different perspective
Kees Plattel

Prototype freeware citizen diary
Kresten Bjerg

Design considerations for personal informatics tools
Ian Li

(talks may be cancelled or added under the influence of serendipity)
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Thank You...
to our great volunteers!
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James Burke
Martijn Aslander
Yuri van Geest
John Amschler
Matthew Bright
Steve Dean
Denis Harscoat
Ian Li
Jelle Akkerman
Rajiv Mehta
Robin Barooah
Ernesto Ramirez
Chia Hwu
Bo Adler
Kees Plattel
Eri Gentry
Brie Bunge
Casa 400 has a restaurant and bar for breakfast and dinner. See more details at http://www.casa400.nl/. Or go nearby:

**Canvas op de 7e:** http://www.canvas7.nl/

**Ibssa: Ethiopian:** http://www.iens.nl/restaurant/991/amsterdam-ibssa†

**Ijsbreker: Brasserie:** http://www.iens.nl/restaurant/1268/amsterdam-de-ysbreker

**Dauphine: Brasserie:** http://www.iens.nl/restaurant/21408/amsterdam-dauphine

**Trouw Amsterdam: Modern Eclectic:** http://www.iens.nl/restaurant/26677/amsterdam-trouwamsterdam

**French:** http://www.iens.nl/restaurant/62/amsterdam-contra-73

**Italian: Pizzeria:** http://www.iens.nl/restaurant/30481/amsterdam-mangiassai