



# Quantified Self

26-27 November 2011  
Casa 400  
Amsterdam Netherlands  
[quantifiedself.com](http://quantifiedself.com)  
[#qs2011](https://twitter.com/qs2011)

# 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

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

# Plenary Sessions

Location: University of Amsterdam 2/3/4

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## **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

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## **Saturday Afternoon**

4 pm–5 pm

### **Steven Dean**

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

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## **Sunday Morning**

9:00 am–10:00 am

### **Interactive whole group session**

Come with an open mind and be ready to participate!

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## **Sunday Afternoon**

3:30 pm–4:30 pm

### **Laurie Frick**

The Art of Tracking

# Breakout Session 1—Saturday 10:30 am

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## Show & tell talks

Location: University of  
Amsterdam  
2/3/4

Moderator: Rajiv Mehta

## Butterfleye: Heart Rate Goggles

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

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## Personal Data

### Visualization

Steven Dean, Laurie  
and Mark Frick

Location: U Amsterdam 1

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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.

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## Hacking QS Devices

John Amschler

Location: Oxford

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What happens when you take apart a Fitbit? What can you hack with Xygbbee, RFID, and Bluetooth? How far out are open monitoring hardware platforms?

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## Genomic Communities

Chia Hwu

Location: Stellenbosch

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Many people are getting their DNA sequence and forming groups. Come discuss how to grow such communities

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## Mindfulness Pills!

Nancy Dougherty

Location: Sorbonne

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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.

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## Integrating Visualizations with Innertube

Ian Li

Location: Harvard

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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.

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## The Future of Everything

Sascha Pohflepp

Location: Heidelberg

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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

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### Show & tell talks

Location: University of  
Amsterdam  
2/3/4

Moderator: Gary Wolf

### Experience Sampling of my Stress

Ulrich Atz

### Sleep and Food: An Experiment

Tim Vink

### Moodscope and Body Blogging

Ute Kreplin

### A Mobile Biofeedback System

Giorgios Papastefanou

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### What To Learn From Hidden Cell Phone Data

Niels Schrader and  
Bert Kommerij

Location: Sorbonne

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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.

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### Toolmaker Spotlight

Rajiv Mehta, Denis  
Harscoat, Joost Plattel,  
Julien Gautier

Location: U Amsterdam 1

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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!

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### How to Use EEG for Self-Experimentation

Martin Sona

Location: Heidelberg

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

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### Wearable and Environmental Sensors

Danielle Roberts

Location: Stellenbosch

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

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### Tracking Olfaction

Jenny Tillotson

Location: Harvard

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

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### Wisdom from Data

Giorgo Baresi and Thomas  
Sutton

Location: Oxford

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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

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### Show & tell talks

Location: University of  
Amsterdam  
2/3/4

Moderator: Eri Gentry

### Tracking What I Do in my Browser

Gerald Back

### My App Development Process

Victor Milton van Doorn

### Triggering my Actions with Data

Denis Harscoat

### Feedback and Awareness: from Paleo to Creativity

Marco van Heerde

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### Location Tracking

Joost Plattel

Location: U Amsterdam 1

Location is valuable (meta-)data. As a frequent location-logger, I will show several cases and explore possibilities with the data generated.

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### QS and Relationships

James Burke

Location: Stellenbosch

Quantification is not always about a singular self. What happens if we bring quantification into relationships?

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### Open Questions on Best Practices for QS

Joachim Mortensen

Location: Oxford

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?

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### QS and Privacy

Jodi Schneider

Location: Heidelberg

How can we ensure privacy as we share our data stories? What rights and responsibilities do we have? Where is the public-private boundary?

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### Mobile Biofeedback Systems

Georgios Papastefanou

Location: Harvard

Let's discuss devices which allow ubiquitous feedback of any of the physiological parameters. How are they used and when they are effective?

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### Sleep Tracking

John Fass

Location: Sorbonne

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?

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# Breakout Session 4—Sunday 10:30 am

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## Show & tell talks

Location: University of  
Amsterdam  
2/3/4

Moderator: Rajiv Mehta

## Preventing Bipolar Relapse with smell

Jenny Tillotson

## Monitoring Parkinson's Symptoms

Sara Riggare and Jon Stamford

## Costs and Side Effects of Tracking

Jazi Zilber

## 1-leg Standing & Sleep

Rajiv Mehta

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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.

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## The Internet of Actions: Using Data for Doing

Denis Harscoat

Location: Sorbonne

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

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## Version Control Systems for Lifelogging

James Burke

Location: Oxford

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

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## Tracking Emotions at Work

Veronica Rivera

Location: Harvard

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

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## Building a Tricorder

Walter de Brouwer and  
Ivo Clarysse

Location: Stellenbosch

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

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## Dreams, Needles, Trance

Richard Ryan and Kristin  
Prevallet

Location: Heidelberg

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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

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## Show & tell talks

Location: University of  
Amsterdam  
2/3/4

Moderator: Gary Wolf

## How I Tracked Silence

Danielle Roberts

## Social Anxiety vs. Fitness Tracking

Lisette Sutherland

## Using Sensor Patterns to Predict Addiction or Depression Relapse

Jan Peter Larsen

## Tracking Fatigue

Matthew Bright

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## Objective vs. Subjective Self-Tracking

Giorgio Baresi and Thomas  
Sutton

Location: U Amsterdam 1

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

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## Building Habits

Ioan Mitrea

Location: Sorbonne

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

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## Productivity Tracking

Peter Robinett

Location: Stellenbosch

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

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## The Problem of Doing It!

Jazi Zilber

Location: Heidelberg

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

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## Collaborating on a global freeware citizen diary

Kresten Bjerg

Location: Harvard

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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.

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## QS Business Models

Maarten den Braber

Location: Oxford

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Can QS be turned into business? Talking about value proposition, customers and revenue models.

## Breakout Session 6—Sunday 3 pm

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### Show & tell talks

Location: University of  
Amsterdam  
2/3/4

Moderator: Eri Gentry

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### Cracking Behavior Change

Steven Dean and Ernesto  
Ramirez  
Location: U Amsterdam 1

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### Empathic Design

Sarah Lewington and  
Michelle Hughes  
Location: Sorbonne

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### Measuring Cognitive Performance

Christian Kleineidam  
Location: Oxford

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### Biphasic Sleep and Neurofeedback

Ed Dench  
Location: Harvard

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### A Programmable World

Kwela Hermanns  
Location: Heidelberg

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### Games For Health

Alex Gekker  
Location: Stellenbosch

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### 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

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Can self-tracking help change behavior? We'll discuss neuro-linguistic programming, positive and negative visualization, and rewards.

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We will discuss the idea of empathic design being a sustainable outcome of consumer-centred collaborative research. Part of a Unilever project.

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How can we objectively measure our mental capacity? What are the alternatives? What can we hope to learn from the measurements?

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Neural oscillations of the brain show that it is complex and malleable. Let's discuss how neurofeedback training and sleep can change our brains.

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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.

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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 brainscanner**

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

## 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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CureTogether

## Thank You...

to our great volunteers!

Joost Plattel

Farid Behnia

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

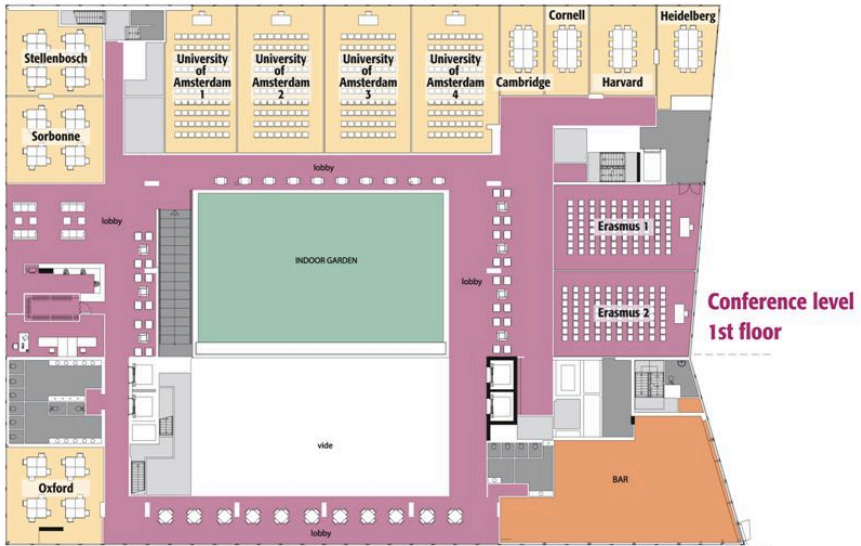
Bo Adler

Kees Plattel

Eri Gentry

Brie Bunge

# Conference Map and Restaurants



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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-ysbreeker>

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

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

