

Session 1 (after opening plenary)

Saturday, 10:30 am

QS Show&Tell Talks - McCaw Hall
Moderated by Gary Wolf

- Reverse Mood Tracking As A Decision-Making Tool (Alan Greene)
- Quantified Curiosity (Amy Robinson)
- Tracking Time, Clothes, Stuff, and Other Little Things (Sacha Chua)
- Quantifying Seat Time and Turning it Healthy (Mark Leavitt)

Breakout Sessions

- [Infographics 101: The Power of Visual Storytelling](#) (Jason Lankow) - Lodato room
- [Your Blue Room: the neuroscience of ideation](#) (Marcin Kowrygo) - Lyons room
- Using Software to Exercise your brain & grow focus (Dave Asprey) - McDowell room
- Hacking APIs (Bill Day, Beau Gunderson) - Lane room
- Understanding Our Sleep (Jonny Farrington) - Cranston room
- 10^100: Making sense of all that data (David Ewing Duncan) - Barnes room

Office Hours - Ford Gardens

- DIY Hardware (Mark Frauenfelder) - Feynman table
- Bringing empathy online (Heidi Allstop) - Edison table
- Data aggregation and exploration with Fluxstream/BodyTrack (Anne Wright, Candide Kemmler) - Curie table
- Tictrac (Martin Blinder) - Lovelace table
- Brain-computer interface technology (Trevor Coleman) - Tesla table
- Live streaming data (Tomas Ward) - Blackburn table
- DIY Genomics (Melanie Swan) - Babbage table
- The Human Hacker House (Janet Chang) - Franklin table

Lunchtime!

Saturday, 12:00 pm

Ignite talks - McCaw Hall

- Tailored meals to keep me healthy (Jason Langheier)
- Tracking my different biomechanical positions during the day (and night) (Charles Wang)
- Use of a generalized data tracking platform in PTSD treatment (Dave Marvit)
- An Open and Integrated Platform for Self Tracking (Daniel Nofal)
- Evolving health: What I have learned as a data driven coach (Joshua Manley)

Session 2

Saturday, 1:30 pm

QS Show&Tell talks - McCaw Hall

Co-Hosted With



With thanks to our volunteers and supporters

- | | |
|--------------------|---------------------------|
| Adam Butterfield | Adam Sheppard |
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| Brie Bunge | Bryan Campen |
| Ciaran Lyons | Daniel Gartenberg |
| Denis Harscoat | Eri Gentry |
| Eric Boyd | Ernesto Ramirez |
| Florian Schumacher | Frank Chen |
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| Loren Risker | Maarten den Braber |
| Marc Held | Marcia Seidler |
| Marcin Kowrygo | Maren Connary |
| Mark Frick | Martin Suba |
| Michael Nagle | Paul Grasshoff |
| Rajiv Mehta | Pierre-Alexandre Fournier |
| Robin Barooah | Simon Frid |
| Steven Dean | Yuri van Geest |
| Philip von Stade!! | |

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SCANADU

Moderated by Gary Wolf

My 28-Hour Day Experiments (Joe Betts-LaCroix)

Fitting mental models to a self-tracking life (Joost Plattel)

To sleep, perchance to REM (Ariel Berwaldt)

Experiences of a Six Year Visual Lifelogging Experiment (Cathal Gurrin)

Breakout Sessions

[Is QS science? The role of QS in scientific discovery](#) (Daniel Gartenberg) - Lane

[EEG for Self-Experimentation](#) (Martin Sona) - Lodato

Habit Design (Michael Kim) - Lyons

Medical data: Public resource, personal asset... or is there a third way? (Esther Dyson) - McDowell

Reducing Friction in Quantified Self Technologies (Bobby Sakaki, Phillip Thomas) - Cranston

Separating user signal from noise and incorporating into your product (Nicholas Gammell) - Barnes

Office Hours - Ford Gardens

Human Enhancement Centre (Marcin Kowrygo) - Feynman

Manly Dieting (John La Puma) - Edison

Getting healthier one choice at a time (Chris Hogg) - Curie

An action wiki with stats and promotion tools (Denis Harscoat) - Lovelace

Monsoon wellness app (Sandeep Sood) - Tesla

Health Graph Hacking 101 (Bill Day) - Blackburn

Safely aggregating personal data and monetizing data analysis (Patrice Slupowski) - Babbage

Alohar Mobile (Sam Liang) - Nightingale

Personal Experiments: a platform and process for Self-Experimentation (Ian Eslick) - Goodall

Digital dream journaling (Luca Mascaro) - Franklin

Session 3

Saturday, 3:00 pm

QS Show&Tell talks - McCaw Hall

Moderated by Rajiv Mehta

600 nights of Zeo tracking (Laurie Frick)

Data Driven Sculpture (Stephen Cartwright)

Brain Tracking: What I Have Recently Learned (Seth Roberts)

Body Transformation (Calvin Buhler)

Breakout Sessions

The brain and self-quantification, a bidirectional relationship (Matt Keener) - Lodato

Data Donation (Chris Hogg) - Barnes

Experimenting with muscles, EEG, and HRV in real time (Alex Grey) - Lane

[Crossing the Data Desert](#) (Vahe Kassardjian, Rafi Haladjian) - Cranston

Time Management Design (Michael Kotas) - Lyons

How to start/run a QS Show&Tell meetup group (Adam Butterfield, Steve Dean) - McDowell

Office Hours - Ford Gardens

Skin conductivity biosensor (Gary McDarby) - Feynman

Tracking as motivation (Jun Axup, David Horn) - Edison

Common data formats (Nitin Borwankar) - Curie

Pay Attention Technology (Thomas Blomseth Christiansen) - Lovelace

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Thank you (and hugs!) to all the amazing folks who are helping to make this conference possible, and who support Quantified Self work around the world. To join the support of our pioneering community, write to labs@quantifiedself.com.

cloud2health - digital personal health assistant (Mike Gerstenfeld) - Nightingale

Health data aggregation and analysis (Aaron Coleman) - Tesla

Bodymedia wearable monitoring data (Rachel Jackson) - Blackburn

Transcranial direct current stimulation and Quantified Mind (Bob Kryczko) - Babbage

Lifelogging (Gordon Bell) - Franklin

Session 4

Sunday, 10:30 am

QS Show&Tell talks - McCaw Hall

Moderated by Gary Wolf

4 months of real time emotion tracking (Matteo Lai)

Genes and other strangers (Esther Dyson)

QS+1 Lessons learned from assisting in trading FOREX currencies (Ewart de Visser)

Sleep and consciousness (Marcin Kowrygo)

Breakout Sessions

Using Kickstarter for QS projects (Jun Axup) - Lodato

Quantifying at Work (David Reeves) - Lyons

[Cognitive Measurement](#) (Jakob Larsen, Yoni Donner) - Lane

Best Practices in Dataviz (Lee Lukehart) - McDowell

Accessing scientific research: How to make sense of personal data (Dawn Nafus, Mette Furbo) - Barnes

Exploring the Quantified Us (David Fetherstonhaugh, Elliot Hedman) - Cranston

Office Hours - Ford Gardens

Frontiers of Self-Tracking (Larry Smarr) - Feynman

Personal analytics (Eric Blue) - Edison

Social habit tracking (Tony Stubblebine) - Curie

Lifelogging (Cathal Gurrin) - Goodall

Does biometric tracking affect behavior change? (Mike Rucker, Ryan McFadden) - Lovelace

Sympho.me (Erik Haukebø) - Tesla

Using the Singly API for QS applications (Beau Gunderson) - Blackburn

The Track&Share Movement (Uwe Heiss) - Babbage

Unfrazzle your life (Raj Mehta) - Franklin

Lunchtime!

Sunday, 12:00 pm

Ignite talks - McCaw Hall

Evolution of the Butterfleye Swimming Sensor (Hind Hobeika)

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

Common sense activities app (Jan Peter Larsen)

My experiences integrating self-tracking into medical care (Paul Abramson)

Experiencing the Biological Rhythm of Another Species (Natalie McKeever)

A clinical-quality, low-cost mobile ECG (David Albert)

Session 5

Sunday, 1:30 pm

QS Show&Tell talks - McCaw Hall **Moderated by Gary Wolf**

Conquering Ironman with data and math (Sami Inkinen)

2 years of tracking weight, diet, and sleep (Randy Sargent)

Debugging Life with Personal Analytics (Stefan Heeke)

Data Does not Lie: Orgasm vs. Performance (Dave Asprey)

Breakout Sessions

Personal Speech Analytics (Bill Jarrold) - Lodato

Heart Rate Variability 101 (Ronda Collier) - Lane

Psychological and social-cultural consequences of QS going forward (Yuri van Geest) - Barnes

A Memex for the Quantified Self (Betsy Masiello, Jess Hemerly) - Lyons

Practice and Quantify mindful communication (George Lawton) - Cranston

Respecting Digital Identity (Martha Russell) - McDowell

Office Hours - Ford Gardens

23andMe API (Mike Polcari) - Feynman

Visualizing my medical symptoms over time (Katie McCurdy) - Edison

Memoto Camera (Martin Källström) - Curie

Living Experiments for achieving goals (Michael Cole) - Lovelace

Your digital footprint (Fredrik Wollmén) - Tesla

AliveCor mobile ECG (David Albert) - Nightingale

Measuring Arousal (Elliot Hedman) - Goodall

Sleeping with Technology: 24/7 tracking (Christel de Maeyer) - Babbage

LED heart rate monitor (Sally Edwards) - Franklin

Long-term self-tracking (Seth Roberts) - da Vinci

Session 6

Sunday, 3:00 pm

QS Show&Tell talks - McCaw Hall **Moderated by Eri Gentry**

Patterns of my achy breaky HRV heart (Jo Beth Dow)

Using Physiological Measurements at Classical Concerts to Learn What Excites Me (Elliot Hedman)

Tales of Weight Tracking (Lisa Betts-LaCroix)

Memory and Learning (Steven Jonas)

Breakout Sessions

[pH tracking for learning about inflammation, sleep, and mental performance](#) (Steven Fowkes) - Lane

Health as a Team Sport (Mei Lin Fung, Sam Gerzenstag) - Lyons

Before You Can Change, Know Your Behavior Type (Nir Eyal) - Lodato

What business models work for QS? (Erik Svenson) - Cranston

Quant-friendly doctors and self-tracking patients (Paul Abramson) - McDowell

Calming Technology (Neema Moraveji, Steph Habif) - Barnes

Office Hours - Ford Gardens

Quantifying Personal Communications (Noah Zandan) - Feynman

Open.Sen.se (Rafi Haladjian, Vahe Kassardjian) - Edison

Real-time posture and movement sensing (Charles Wang) - Curie

Physical mobility training in the home (Heleen Borleffs, Wendelien Loopik) - Lovelace

Using Sensor Patterns to Predict Depression or Addiction Relapse (Jan Peter Larsen) - Tesla

OReilly Health Data Initiative (Rob Rustad, Roger Magoulas) - Blackburn

Vital Connect wireless biosensor (Justin Heindel, Bill Brennan) - Goodall

How will we enable the Aspirational Self? (Simon Frid) - da Vinci

Closing Plenary in McCaw Hall

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