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# Quantified Self



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Seattle  
Seoul  
Shanghai  
Shenzhen  
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**May 10 - 11, 2014**

**Amsterdam**

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**Self knowledge  
through numbers**

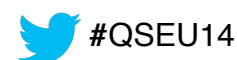
[quantifiedself.com](http://quantifiedself.com)



# Quantified Self Europe 2014

May 10-11, 2014

Casa400, Amsterdam, Netherlands



## Saturday, May 10

8:00 am Registration & Coffee

9:00 am Opening Plenary

### Leaning Into Grief

Dana Greenfield

### The Weight of Things Lost

Kaiton Williams

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

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

4:30 pm **Plenary Town Hall**

### Quantified Self in a Quantified World

Josh Berson

Andre Boorsma

Maja Brisvall

**Reception**

## Sunday, May 11

8:00 am Coffee

9:00 am **Plenary Town Hall**

### Tracking Over Time

Steve Dean

Alberto Frigo

Danielle Roberts

10:00 am Break

10:30 am **Session 4:** Show&Tell talks, breakouts,  
and office hours at various locations  
(check session agenda on following pages)

11:30 am Break and pick up lunch

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

4:30 pm **Closing Plenary**

### The Best Way to Learn is to Do

Learning from Seth Roberts

## Session One - Saturday, 10:30 a.m.

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

#### Me and My Log - Cathal Gurrin

Cathal's lifelogging data comes from a camera that takes a constant stream of photos, wherever he is.

#### Understanding My Blood Glucose - Bob Troia

After learning he had an elevated risk for contracting Type 2 Diabetes, Bob starting tracking daily glucose measurements, exercise, diet, and supplements.

#### Carbless in Seattle - Adrienne Andrew Slaughter

Trying out diets with different amounts of carbs, Adrienne saw unexpected effects on her athletic performance.

#### Deciphering My Brain Fog - Mark Drangsholt

One year ago Mark found himself in a mental fog, battling the "tip of my tongue" problem. Using his experience with single subject research design and self-tracking he tackled this tough issue head on.

### Breakout Discussions

#### Goal Setting - Damien Catani (Heidelberg)

Self-quantification can serve as a building block for achieving personal goals. But can all goals in our lives be quantified? How do we set the right targets and analyze our progress?

#### Data Futures: Possibilities and Dreams - Alberto Frigo (Oxford)

As we passionately gather our data, it is striking to reflect about its destiny. Is it going to end up in an attic? Will there be an institution interested in hosting it? Will it make any sense to future generations? Or are we going to build our own mausoleum in our backyards, or on a website with no expiration?

#### Measure With Muppets - June Lee, Jennifer Kotler Clarke (Sorbonne)

Meet researchers from the renowned Sesame Workshop, makers of Sesame Street, and discuss tracking practices that support children's educational development. What can we create that could be useful for children under age 5?

#### Our Lives, Virtually - Eric Blue (Stellenbosch)

Virtual reality gives us new ways to represent ourselves with data. We'll discuss ideas for merging virtual reality with Quantified Self, visualizing biometric data and exploring personal data models. There will be an Oculus Rift so people can experience VR first hand.

#### Grief and Mood Tracking - Whitney Erin Boesel, Dana Greenfield (University of Amsterdam 1)

What happens when you're tracking, but not looking to change you how feel? Join us to discuss the ways we can use different techniques to work through the process of loss and grief.

### Office Hours

#### Moodstache - Krzysztof Kornas, Pola Borkiewicz (Curie)

Moodstache is a mood-measuring app, which lets you get a contextual hold on your emotions, by taking your QS environment into account and letting you personalize the measurement.  
moodstache.com

### **CommonSense Dashboard - Jan Peter Larsen (Ebbinghaus)**

Monitor your activity level, sleep pattern, location and social activity using your smartphone, wearable, or health patch. Share your data with others and get more insights together.

[commonsense-dashboard.com](http://commonsense-dashboard.com)

### **Mind Antidotes - Valentina Rao (Feynman)**

Mind Antidotes is a mobile app to fight recurring negative thoughts. The application integrates tracking with mindfulness practices and offers a training tool to develop mental Antidotes, a powerful concept from Buddhist psychology and cognitive therapy.

[mindantidotes.com](http://mindantidotes.com)

## **Saturday Lunchtime Ignite - 12:00 p.m. (University of Amsterdam 2/3/4)**

### **Improving My Fitness With Genetics - Ralph Pethica**

Ralph will discuss how he used genomic and activity tracking data to get better results from fitness training.

### **Experiments in Self-Tracking - Laurie Frick**

From intelligent wallpaper to hand-drawn patterns on your iPhone, Laurie Frick has found her personal data surprising and meaningful.

### **My Gut, My Data - Jessica Richman**

What kind of data lives in your gut? Jessica will talk about her experience tracking her microbiome.

### **Data Exploration With Fluxstream/BodyTrack - Anne Wright**

Fluxstream/Body Track is a data aggregation and exploration tool that allows you to think about your own questions by viewing diverse data streams on a common timeline.

### **Rhythmanalysis: Creating Art from the Workplace - Kiel Gilleade**

Kiel will discuss the challenges and outcomes from collecting physiological signals from five hairdressers and five game testers for use in an art exhibit shown at FACT, the UK's leading new media arts centre.

### **The Chaos of Personal Data - Evelina Georgieva, Frederic Mauch**

Pryv is a web service that allows users to control and make sense of their personal data.

## **Session Two - Saturday, 1:30 p.m.**

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

#### **Fit 50s, Sound 60s - Maria Benet**

Maria has been tracking for almost 10 years, developing strategies for improving and maintaining her health as she ages.

#### **A Testosterone and Diet Experiment - Maximilian Gotzler**

Blood tests showed Max that he had low levels of Vitamin D and Testosterone. Could diet changes help?

#### **Analyzing Changes in My Weight and Sleep - Kouris Kalligas**

Kouris spent thirty hours combining his multiple data streams into one place and learned what influenced his weight and sleep.

#### **Washing My Eyelids - Steve Dean**

Steve will demonstrate how he used self-tracking tools to get under atopic dermatitis.

## Breakout Discussions

### Biofeedback for mHealth - Kiel Gilleade (Harvard)

Biofeedback training has been used with success to treat a range of health problems, including migraines, anxiety, attention deficit disorder and motion sickness. In this breakout session let's discuss the opportunities and challenges involved in translating these techniques into mhealth applications.

### Recording Data By Hand - Florian Schumacher (Heidelberg)

Many of us record our data manually. This allows collecting data that cannot be recorded with automated tools and often plays an important role for our self-management. What are the motivations for active self-tracking? What are the current practices, and how could they be improved?

### Personal Data: Attacks & Defense #1 - Magnus Kalkuhl, Kley Reynolds (Oxford)

How anonymous can you be when using QS tools? In the first part of this workshop-style breakout we will explore the biggest threats and risks - for users as well as for providers of QS tools and services. (First of a 2-part workshop)

### Tracking Your Gut - Jessica Richman (Sorbonne)

The microbiome is an entirely new way of looking at our bodies and our health. Please join us as we talk about personal experiments with the microbiome, Quantified Self, and the future of the microbiome.

### Tracking Metabolism - Martin von Haller Groenbaek (Stellenbosch)

Do you track blood glucose or other metabolic measures? Join an open discussion of techniques, problems, and ideas.

### Have We All Become Data Fetishists? - Dorien Zandbergen, Tamar Sharon (University of Amsterdam 1)

QS is often equated with data fetishism: everything can be reduced to data and data is all that matters. In this session we'll explore all the non-reductive ways in which data speaks and acts. Does it generate new kinds of social formations, new ways of confessing unspeakable truths, a closer way of relating to ourselves, to others and to the world?

## Office Hours

### FRICKbits - Laurie Frick (Curie)

FRICKbits is a new iphone app to artify your daily travels with 'hand-drawn' patterns. See a demo, beta-test and sign up to be a part of the early launch [signup.FRICKbits.com](http://signup.FRICKbits.com)

### Goalmap - Damien Catani (Ebbinghaus)

Goalmap is a self-development platform that helps people set, track and reach their personal goals. [goalmap.com](http://goalmap.com)

### Genetrainer - Ralph Pethica (Feynman)

Genetrainer combines genetics with fitness data to give you the fastest route to your individual training goals. [genetrainer.com](http://genetrainer.com)

### BeBright - Vivian Dekkers (Haraway)

BeBright works with different programs to boost the vitality of employees with knowledge and awareness gained through using different QS applications. [bebright.eu](http://bebright.eu)

## Session Three - Saturday, 3:00 p.m.

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

#### Optimizing Productivity - Brian Crain

After many productivity experiments, Brian finally made progress with the Pomodoro method in 2011. He'll show his continuing experiments to increase his focus and productivity.

#### A Four Year Journal - Morris Villarroel

Morris has been keeping a detailed handwritten journal for four years. He'll describe what he's found through using quantitative analysis and visualization of his entries.

#### Does Diet Affect My Sleep? - Denise Lorenz

Denise shows a year's worth of data from her diet and sleep experiment and finds out what really matters.

#### Meta-Effects of Happiness Tracking - Alex Tarling

How does asking yourself if you are happy change your happiness?

### Breakout Discussions

#### QS and Nutrition - Mark Moschel (Harvard)

How are we currently tracking our nutrition, and how could we do it better? How are novel data streams, such as genetics and microbiome analysis, being integrated into diet and nutrition tracking?

#### Photo Lifelogging as Context for QS Practice - Cathal Gurrin, Rami Albatal, Dan Berglund, Daniel Hamngren (Heidelberg)

Learn how to use computer vision to extract metadata from lifelogging photos, enrich a photo timeline with other personal data, and draw insights from massive, longitudinal photo collections.

#### The Future of Behavior Change - Lukasz Piwek (Oxford)

Is there a viable approach in using technology for behavior change to help people exercise more, save energy, recycle, travel smart, be more productive, and happier? Believers and skeptics about behavior change are welcome to this open discussion.

#### Passive Sensing on Smart Phones - Jan Peter Larsen, Freek van Polen (Sorbonne)

In your pocket is a device that contains numerous sensors, sources of behavioral information, and hooks to your digital footprint. We will discuss how passive sensing will continue to develop, and what opportunities, pitfalls, and ethical challenges lie ahead.

#### Workshop: Telling Stories With Data - Kitty Ireland, Adrienne Andrew Slaughter (Stellenbosch)

In this workshop session we'll use the tools and traditions of storytelling to help us ask good questions of our data, identify plots and subplots, and discard noisy or irrelevant information.

#### Mapping Data Access - Robin Barooah, Dawn Nafus (University of Amsterdam 1)

We'll use some diagrams of data flows in popular QS systems to talk about how and where we access our own data, and how toolmakers can improve access. Come bring your own experiences as users and makers to improve these maps and discuss their implications.

### Office Hours

#### Awesome - Florian Schumacher (Curie)

Awsome is an app that lets people track their habits, symptoms, and anything they can't measure with automated tools. With an intelligent tracking concept, Awsome helps finding insights and supports constant personal development.  
getawesome.co

### **Cortrium - Jacob Nielsen (Ebbinghaus)**

The Cortrium C3 device is worn on your chest using electrodes and communicates with your smartphone, transmitting scientific metrics about your body. The Cortrium cloud service allows you, your doctor or physician to remotely track your vital signs and take appropriate action.  
cortrium.com

### **Biotrkr - Maximilian Gotzler (Feynman)**

Biotrkr is an online platform that offers health coaching based on biomarker analysis. Users can test and analyze their biomarkers (vitamin D and free testosterone so far) and receive personalized recommendations.  
biotrkr.com

## **Session Four - Sunday, 10:30 a.m.**

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

#### **A Librarian in Numbers - Debbie Chaves**

Debbie will describe how her tracking changed the way she worked by making the complexities of her job as an academic librarian clearly visible to herself and others.

#### **A Lazy Workout - Justin Timmer**

Does just squeezing your muscles make them stronger? Justin will talk about his experiments with an isometric training program.

#### **My Father, a Quantified Diabetic - Stefan Hoevenaar**

A chemist by origin, Stefan's father precisely monitored himself after he was diagnosed with diabetes. His hand-drawn graphs and notes tell stories about his life.

#### **Science, Smell, Fashion - Jenny Tillotson**

Jenny will tell a science fashion story that introduces real-time biofeedback scent interventions as a means to complement orthodox treatments for chronic mental illness and to de-stigmatize mental health issues.

## **Breakout Discussions**

#### **Aggregator platforms: Understanding data? - Kouris Kalligas, Erik Holland Haukebo (Harvard)**

Many of us are involved in aggregating personal data or using services based on data aggregation. In this session we'll share lessons and challenges of combining heterogeneous data streams.

#### **Is Open Privacy the Next Open Source? - Laurie Frick (Oxford)**

Fear of surveillance is high, but what if societies with the most openness develop faster culturally, creatively, and technically? Let's explore an alternative view of privacy and the future of personal data and identity.

#### **What is Productivity and Why Are We Tracking It? - Brian Crain (Heidelberg)**

While productivity tracking is a popular pursuit, there are a fascinating variety of approaches. Many seem conflicted at their core, urging us to step back and ask: What is productivity in the first place? What metrics represent it best? And how can we use these metrics to track what we actually care about?

#### **Families & Self-Tracking - Rajiv Mehta, Dawn Nafus (Sorbonne)**

Recent survey data shows that a person caring for a friend or family member is more likely to be self-tracking. What role can self-tracking play as we care for our families and friends?

### **Can Data Make Us More Human? - Kaiton Williams (Stellenbosch)**

How might we use our practices as a starting point from which to develop empathy for others? Can we transform our wealth of personal and experiential data into a platform for improving our connection to those around us and to the broader world? Please join us to discuss and co-create concrete and speculative designs for combining, remixing, and imagining our data practices in collective ways.

### **Participatory Science and Public Health - Andre Boorsma (University of Amsterdam 1)**

About 70 nutrition researchers have created a voluntary cohort of self-trackers sharing data for science. We'll talk about our lessons and explore whether this approach of voluntary and participatory public health research could grow and inspire similar projects.

## **Office Hours**

### **Your Years - Petra Hoogendoorn (Curie)**

We're looking into the possibilities of using sensor technology to get better insight on lifestyle functioning of brain tumor patients and their families.  
[life-in-your-years.com](http://life-in-your-years.com)

### **Reversed Calendar - Danielle Roberts (Ebbinghaus)**

Reversed calendar is a block calendar going back eight years. Each page of this artwork represents a day in the artist's life and visualizes personal data like mood, morning pulse, and stress level.  
[awarenesslab.nl](http://awarenesslab.nl)

### **Project.Q - Sebastian Plasschaert (Feynman)**

Project.Q is about quantifying user-data of all the consumer products that we use, like a Yelp for products. We are looking for beta users for testing the theoretical model.  
[basplas.nl/project-Q](http://basplas.nl/project-Q)

## **Sunday Lunchtime Ignite - 12:00 p.m. (University of Amsterdam 2/3/4)**

### **Activity Tracking for Teams - Joost Platteel**

Qount.us runs experiments around tracking physical activities of people within teams. From using Moves to a full dashboard displayed on a wall, what works?

### **Wearable Technologies for Active Living - Henk Hindriks**

This proposed project will create an open source activity tracking system for users to manage their own lifestyle change, for social support, and research knowledge.

### **What I Learned by Building - Dawn Nafus**

An anthropologist will reflect on some observations of what self-trackers actually do when they make sense of data. Dawn's observations led her to ask: what tools might support more diverse ways of working with data?

### **Quantifying Our Sleep - Timo Aittokoski**

Emfit announces Sleep and Wellness tracker, a derivation of its many years spent developing a non-contact vital signs patient monitor.

### **Quantifying Motivation with a Smart Shirt - Kirill Gertman**

Kirill will talk about how the OMsignal smart shirt helped him track his weight training, stick to his workout routine, and get measurable results.

### **Cartographies of Vigilance - Josh Berson**

A series of seemingly unrelated medical events in Josh's life got him started thinking about a wave of changes unfolding in the human experience of movement, at timescales ranging from a tenth of a second to days, seasons, and years.



## Session Five - Sunday, 1:30 p.m.

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

#### Connecting My Mind and Body - Juliana Chua

Juliana used data from activity, sleep, heart rate, and stress sensors to explore the effects of mindfulness on her physical condition.

#### We Never Fight on Wednesdays - Paul LaFontaine

Six months of tracking mood alongside events, time, and people gave Paul some surprising lessons about conflict and other topics.

#### How Not to Fall - Sara Riggare

Sara's most troublesome Parkinson's symptom is "freezing-of-gait." In this talk, she'll describe how she uses self-tracking to evaluate the best way to deal with it.

#### Memorizing My Daybook - Steven Jonas

Steven wanted to see what happened when he memorized entries from his daybook using spaced repetition.

### Breakout Discussions

#### An Imaging Mind - Floris van Eck (Harvard)

The amount of data is growing and with it we're trying to find context. Every attempt to gain more context seems to generate even more imagery and thus data. How can we combine surveillance and sousveillance to improve our personal and collective well-being and safety?

#### Strategies for Managing Our Data - Jakob Eg Larsen (Heidelberg)

Managing the increasing quantities of our personal information (emails, documents, streams of self-tracking data, etc.) can be difficult. We'll share ideas, tools, and strategies for getting more personal benefit from our voluminous data.

#### Personal Data: Attacks & Defense #2 - Kley Reynolds, Magnus Kalkuhl (Oxford)

How can we protect our data from being misused? In the second part of this workshop-style breakout we'll discuss defensive measures including how to react if our data has been exposed or stolen, and how to reduce our risk of harm. (Second of a 2-part workshop)

#### Cartographies of Rest - Josh Berson (Sorbonne)

We all need strategies for getting rest, or dispensing with rest, in the face of an unending stream of cues to be active. We'll share our different approaches, and also discuss an ambitious self-tracking experiment in the cartography of rest.

#### Sensing Smell - Jenny Tillotson (Stellenbosch)

Scent has the power to profoundly affect our psychology and physiology. Learn about the state of the art in smell tracking, interpretation, and use.

#### Self-tracking of Neurological Diseases - Sara Riggare (University of Amsterdam 1)

This session will explore the "Why?," "What?," and "How?" of self-tracking of neurological diseases, such as Parkinson's, MS, epilepsy, and more.

### Office Hours

#### Nummel - Wolfgang Orthuber (Curie)

Using this specialized search engine, you can publish your most important quantitative data in a searchable way so that other people with similar data can find you to exchange experiences. [nummel.com](http://nummel.com)

### Explore App - Kira Nezu (Ebbinghaus)

With our Explore app, we collect user data with smartphone sensors, active tracking, and by asking questions about behavior, well-being, interests and opinions. Every user gets their data back as beautifully illustrated charts and individual recommendations to improve their quality of life.  
datarella.com

### 2004-2040 - Alberto Frigo (Feynman)

The project shows a virtual architecture to host the data I've generated as part of a 36-year tracking project. The architecture will become a videogame where, for example, visitors can look at images of all the objects my right hand has used since the 24th of September 2003.  
2004-2040.com

### QountUs- Joost Plattel (Haraway)

Qount.us is an experimental dashboard for organizations.  
qount.us

## Session Six - Sunday, 3:00 p.m.

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

#### A Million Heartbeats - Crt Ahlin

Can a day of heart beat data be accurately represented with a simple curve, for establishing baselines and comparisons?

#### A Goal for Each Month - Florian Schumacher

In the beginning of 2014 Florian set himself twelve goals, one for every month. In his Show&Tell he'll present the achievements in nutrition, fitness, sleep, and productivity that he's made in 2014.

#### Lifelog as Self-Portrait - Cors Brinkman

Using automatic lifelogging and visualization software, Cors is experimenting with putting his computer in charge of his creativity.

#### Tracking Media Consumption - Ian Forrester

Ian looks at the changes in his media consumption while working in the R&D department of the BBC.

## Breakout Discussions

### Emotive Wearables - Rain Ashford (Harvard)

Rain has built a wearable EEG sensing pendant and wants to hear your thoughts. Come test the device and join a discussion about what it means to "wear data" in social situations.

### Blogging About Quantified Self - Peter Joosten (Heidelberg)

Are you a blogger or do you want to blog about quantified self? In this breakout discussion session we will discuss (personal) blogs about quantified self. Do you reveal your personal data on your blog? Do you cooperate with other bloggers or with other media? Let's learn from each other.

### Best practices in QS APIs - Anne Wright (Oxford)

Good API design and implementation can be difficult, as is the task of finding and making use of existing APIs. This session will review what we in the QS community have learned so far and talk about current issues.

### QS and Philosophy - Joerg Blumtritt (Sorbonne)

How does the practice of tracking, sharing, and using data for personal meaning challenge our ideas about human connection, ideas traditionally framed as oppositions between "individuals" and "society."



### **Spaced Repetition - Steven Jonas (Stellenbosch)**

Learn about familiar and novel applications of spaced repetition as a self-tracking and memory practice.

### **How to Organize a QS Hackathon - Ciaran Lyons, Ola Cornelius (University of Amsterdam 1)**

A hackathon is a good way to quickly explore new ideas with new data sets. We'll talk about our experiences organizing hackathons and perhaps find ways to collaborate on new projects.

## **Office Hours**

### **A New Weekly QS Social Experience - Christel DeMaeyer, Candide Kemmler (Curie)**

We are working to provide a place where people can meet on a weekly basis to discuss, get feedback, and receive practical support on a handful of standardized, very simple, and open QS experiments. Come learn about the first two experiments in our menu: City Moves and Food Pics.

### **M1nd Sensor Tools - Gustaf Kranck (Ebbinghaus)**

We are quantifying human bioelectric fields with our invention and we need partners/beta-testers to help explore and find more use-areas for this (open) data.  
[them1nd.com](http://them1nd.com)

### **The Brain Stimulator - JD Leadman (Feynman)**

The Brain Stimulator uses Transcranial Direct Current Stimulation to safely communicate and influence the brain through the same language it uses in its natural state.  
[TheBrainStimulator.net](http://TheBrainStimulator.net)

<b>Session 1</b> <b>Saturday, May 10 10:30 a.m.</b>		
Show&Tell Talks	Breakouts	Office Hours
Me and My Log - Cathal Gurrin	Goal Setting - Damien Catani (Heidelberg)	Moodstache - Krzysztof Kornas, Pola Borkiewicz (Curie)
Understanding My Blood Glucose - Bob Troia	Data Futures: Possibilities and Dreams - Alberto Frigo (Oxford)	CommonSense Dashboard - Jan Peter Larsen (Ebbinghaus)
Carbless in Seattle - Adrienne Andrew Slaughter	Measure With Muppets - June Lee, Jennifer Kotler Clarke (Sorbonne)	Mind Antidotes - Valentina Rao (Feynman)
Deciphering My Brain Fog - Mark Drangsholt	Our Lives, Virtually - Eric Blue (Stellenbosch)	
	Grief and Mood Tracking - Whitney Erin Boesel, Dana Greenfield (University of Amsterdam 1)	

<b>Session 2</b> <b>Saturday, May 10 1:30 p.m.</b>		
Show&Tell Talks	Breakouts	Office Hours
Fit 50s, Sound 60s - Maria Benet	Biofeedback for mHealth - Kiel Gilleade (Harvard)	FRICKbits - Laurie Frick (Curie)
A Testosterone and Diet Experiment - Maximilian Gotzler	Recording Data By Hand - Florian Schumacher (Heidelberg)	Goalmap - Damien Catani (Ebbinghaus)
Analyzing Changes in My Weight and Sleep - Kouris Kalligas	Personal Data: Attacks & Defense #1 - Magnus Kalkuhl, Kley Reynolds (Oxford)	Genetrainer - Ralph Pethica (Feynman)
Washing My Eyelids - Steve Dean	Tracking Your Gut - Jessica Richman (Sorbonne)	BeBright - Vivian Dekkers (Haraway)
	Tracking Metabolism - Martin von Haller Groenbaek (Stellenbosch)	
	Have We All Become Data Fetishists? - Dorien Zandbergen, Tamar Sharon (University of Amsterdam 1)	

**Session 3**  
**Saturday, May 10 3:00 p.m.**

Show&Tell Talks	Breakouts	Office Hours
Optimizing Productivity - Brian Crain	QS and Nutrition - Mark Moschel (Harvard)	Awesome - Florian Schumacher (Curie)
A Four Year Journal - Morris Villarroel	Photo Lifelogging as Context for QS Practice - Cathal Gurrin, Rami Albatal, Dan Berglund, Daniel Hamngren (Heidelberg)	Cortrium - Jacob Nielsen (Ebbinghaus)
Does Diet Affect My Sleep? - Denise Lorenz	The Future of Behavior Change - Lukasz Piwek (Oxford)	Biotrkr - Maximilian Gotzler (Feynman)
Meta-Effects of Happiness Tracking - Alex Tarling	Passive Sensing on Smart Phones - Jan Peter Larsen, Freek van Polen (Sorbonne)	
	Workshop: Telling Stories With Data - Kitty Ireland, Adrienne Andrew Slaughter (Stellenbosch)	

**Session 4**  
**Sunday, May 11 10:30 a.m.**

Show&Tell Talks	Breakouts	Office Hours
A Librarian in Numbers - Debbie Chaves	Aggregator platforms: Understanding data? - Kouris Kalligas, Erik Holland Haukebø (Harvard)	Your Years - Petra Hoogendoorn (Curie)
A Lazy Workout - Justin Timmer	What is Productivity and Why Are We Tracking It? - Brian Crain (Heidelberg)	Reversed Calendar - Danielle Roberts (Ebbinghaus)
My Father, a Quantified Diabetic - Stefan Hoevenaar	Is Open Privacy the Next Open Source? - Laurie Frick (Oxford)	Project.Q - Sebastian Plasschaert (Feynman)
Science, Smell, Fashion - Jenny Tillotson	Families & Self-Tracking - Rajiv Mehta, Dawn Nafus (Sorbonne)	
	Can Data Make Us More Human? - Kaiton Williams (Stellenbosch)	
	Participatory Science and Public Health - Andre Boorsma (University of Amsterdam 1)	

<b>Session 5</b> <b>Sunday, May 11 1:30 p.m.</b>		
Show&Tell Talks	Breakouts	Office Hours
Connecting My Mind and Body - Juliana Chua	An Imaging Mind - Floris van Eck (Harvard)	Nummel - Wolfgang Orthuber (Curie)
We Never Fight on Wednesdays - Paul LaFontaine	Strategies for Managing Our Data - Jakob Eg Larsen (Heidelberg)	Explore App - Kira Nezu (Ebbinghaus)
How Not to Fall - Sara Riggare	Personal Data: Attacks & Defense #2 - Kley Reynolds, Magnus Kalkuhl (Oxford)	2004-2040 - Alberto Frigo (Feynman)
Memorizing My Daybook - Steven Jonas	Cartographies of Rest - Josh Berson (Sorbonne)	QountUs- Joost Plattel (Haraway)
	Sensing Smell - Jenny Tillotson (Stellenbosch)	
	Self-tracking of Neurological Diseases - Sara Riggare (University of Amsterdam 1)	

<b>Session 6</b> <b>Sunday, May 11 3:00 p.m.</b>		
Show&Tell Talks	Breakouts	Office Hours
A Million Heartbeats - Crt Ahlin	Emotive Wearables - Rain Ashford (Harvard)	A New Weekly QS Social Experience - Christel DeMaeyer, Candide Kemmler (Curie)
A Goal for Each Month - Florian Schumacher	Blogging About Quantified Self - Peter Joosten (Heidelberg)	M1nd Sensor Tools - Gustaf Kranck (Ebbinghaus)
Lifelog as Self-Portrait - Cors Brinkman	Best practices in QS APIs - Anne Wright (Oxford)	The Brain Stimulator - JD Leadman (Feynman)
Tracking Media Consumption - Ian Forrester	QS and Philosophy - Joerg Blumtritt (Sorbonne)	
	Spaced Repetition - Steven Jonas (Stellenbosch)	
	How to Organize a QS Hackathon - Ciaran Lyons, Ola Cornelius (University of Amsterdam 1)	



# Quantified Self

## Thank You Volunteers and QS Organizers!

Adriana Lukas  
Anne Wright  
Arne Tensfeldt  
Brian Fabian Crain  
Candide Kemmler  
Carine Coulm  
Christel De Maeyer  
Ciaran Lyons  
Clement Charles  
David El Achkar  
Eric Blue  
Erik Holland Haukebo  
Florian Schumacher  
Henrik Ahlen  
Ian Forrester  
Jacek Złydach  
Jakob Eg Larsen  
Joost Plattel  
Justin Timmer

Karoli Hindriks  
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