QS Quantified Self
Conference 2013

Program

October 10-11, 2013
Golden Gate Club
San Francisco, California

#QS13

Thursday, October 10

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

9:00 am **Plenary Session (Ventana)**

Paper vs Passive
Amelia Greenhall

Conference Welcome
Gary Wolf

Doing Great Personal Experiments
Ian Eslick

10:00 am **Break**

10:30 am **Session 1**: Show&Tell Talks, Conversation,
Breakouts,
and Office Hours at various locations
(check session agenda on following pages)

11:30 am **Break - pick up lunch**

12:00 pm **Lunch and Ignite Talks (Ventana)**

1:30 pm **Session 2**

2:30 pm **Break**

3:00 pm **Session 3**

4:00 pm **Break**

4:30 pm **Plenary Session**

"So here's what happened..." Ben Rubin,
Chris Hogg, Brian Krejcarek

How To Connect Things - Lisa Winter &
Robot Mike

5:30 pm **Reception**

Friday, October 11

8:00 am **Coffee**

9:00 am **Plenary Session (Ventana)**

Tracking my Son's Diabetes - Vivienne Ming

Sensing Breath and Air - Erica Forzani

What Causes my Heart Rhythm Disorder? - Mark
Drangsholt

10:00 am **Break**

10:30 am **Session 4**

11:30 am **Break - pick up lunch**

12:00 pm **Lunch and Ignite Talks (Ventana)**

1:30 pm **Session 5**

2:30 pm **Break**

3:00 pm **Session 6**

4:00 pm **Break**

4:30 pm **Closing Plenary Session (Ventana)**

30 years of tracking thoughts
Mark Carranza

QS in 10 & 100 Years
Kevin Kelly

Conference Sendoff
Gary Wolf

Session 1 - Thursday, 10:30 am

Show&Tell Talks (Ventana)

What I Learned from 30 Days of Continuous ECG - Maggie Delano
Maggie designed a wearable cardiac monitor that records single lead ECG and 3-axis acceleration, and wore it every day for a month.

Low Friction Personal Data Collection - Aaron Parecki
Location, sleep and weight are the three things Aaron has managed to track consistently. Combining these data sources helped him learn new things about himself.

Data Cartography: The Journey to Existence Mapping - Chris Dancy
For three years Chris has been using low-friction data collection to capture hundreds of elements of his life into a repository for search, visualization and analysis.

How Six Months of Tracking Everything Increased my Awareness - David El Achkar
For 6 months, David tracked everything he did. This led him to many changes, especially increased awareness.

Breakout Sessions

QS In My Workplace - Maarten den Braber (Outdoor Balcony)
Self-tracking practices and the QS movement have stirred great interest among employers. This breakout will address the possibilities, benefits and tensions in this space.

Quant-Friendly Doctors & Doctor-Friendly Quants - Dr. Paul Abramson & Lauren DeDecker (Chapel Hill)
How can doctors and self-tracking patients collaborate most effectively? Hear lessons from one quant-friendly medical practice and share insights from your own experiences.

Nutrition Tracking Simplified - Alan Gale (Oak)
Learn how to simplify tracking and analysis of nutrient consumption, and methods for reducing risk of a wide array of health conditions.

Best Practices in Data Visualization - Lee Lukehart (Prince)
Turning raw data into insightful visuals isn't always easy. Let's discuss what we've learned from Norman, Tufte, Few, and Wainer, and what we've discovered for ourselves.

Proposing a Legal Right to Use our Data - Sara Marie Watson (Tent)
Many barriers limit our abilities to derive meaning from our data. We will discuss how a positive "right to use" our personal data could reconcile personal interests with firms' interests in data.

QS Conversation (Chapel)

Personal Science - Jessica Richman
Jessica Richman (uBiome) will lead this QS Conversation about the design of self-experiments and the rise of personal science. With Ian Eslick (MIT/Vital Reactor) and Bob Evans (PACO/Google).

Office Hours

Senti - Tod Dykstra (Curie)
Senti is a mobile app that helps you keep a reliable record of how you're doing, simply by asking a few questions each day.
senti.us

Lifelogging: Health Data Capture for Understanding and Control - Gordon Bell (Ebbinghaus)
For 15 years, Gordon focused on the recording of everything personal - i.e. the lifelogging or capture of everything - and most recently recording and understanding quantitative heath data.
TotalRecallBook.com

RecoApp - Markus Mäntynen (Feynman)
RecoApp is a game-like fitness regime that helps unleash the secrets of supercompensation and sports periodization.
recoapp.com

Fitabase - Aaron Coleman (Lovelace)
Fitabase is a research platform that collects data from internet connected consumer devices. Fitabase is for anyone wanting to aggregate, analyze, and export data gathered from many device wearers.
fitabase.com

DisciplineXgames - David Hume (Tesla)
Compete in the discipline of self-control using a behavior-change wizard to design goals and challenge friends.
disciplineXgames.com

MyOnlineHabits - Stefan Heeke (Turing)
The goal of this project is to use our own email and calendar data as indicators for stress and productivity. The application looks at a variety of data to shed light on personal effectiveness and signs of stress.
MyOnlinehabits.com

Lunch - Thursday, 12:00 pm

Ignite talks (Ventana)

Making Sense of My Bio-signals - Fu-Chieh Hsu
A personal journey to study how bio-signals relate to physical and mental states, and how long-term tracking facilitates personal development.

Learning Not to Sit (Sometimes it's Necessary, So Do it Well!) - Charles Wang
How to use data, real-time feedback, and habit creation to instigate a desired change.

This is My Brain on Drugs - Ariel Berwaldt
Ariel measured the effect of Modafinil (Provigil), Caffeine, and Aniracetam on his cognitive performance using the online site Quantified-Mind.

Achieving the Good Life via Positive Psychology-Based QS - Jeff Fajans
Jeff Fajans shares how he incorporates four key concepts from positive psychology into a daily self-tracking project using "experience sampling."

Accomplishing Goals with Genetics - Ralph Pethica
Although we can access our DNA more easily than ever, making sense of it and using it to achieve goals is still difficult.

30 Days of Rejection Therapy - Mark Moschel
To reduce his fear of uncomfortable social situations, Mark committed to an unusual experiment: get rejected once each day. Most days, he made a fool of himself. Occasionally, he was surprised.

Tinké: Monitoring Fitness Levels and Relaxation Indexes - Juliana Chua
Juliana describes how she uses Tinké to work towards her goals and understand her own mind and body.

Session 2 - Thursday, 1:30 pm

Show&Tell talks (Ventana)

100 Days of Summer: A Continuous, Holistic Tracking Project -Konstantin Augemberg
Konstantin created a system for continuous capture and optimization of everyday life and used it for 100 days.

Lies, Damn Lies, and Correlations - How do Data Streams Connect? - Eric Jain
Having collected a bunch of data (including step counts, calories burned, sleep patterns, resting heart rates, and more), Eric set out to find some correlations.

Tracking 10,000 Running Miles Over 10 Years - Julie Price
Julie will share what she learned while planning, measuring, and tracking her training for 15 marathons.

A Year of Diabetes Data - Doug Kanter
Doug tracked his diabetes and lifestyle data to test whether it helped him better control his blood sugar.

Breakout Sessions

The Commercial Future of Self-Tracking - Michael Rucker (Outdoor Balcony)
As the QS movement spreads from technology enthusiasts to everybody, what should we be thinking more deeply about as we build our businesses?

Tracking Tools for the Chronically Ill - Rupa Patel (Chapel Hill)
People with chronic disease or cancer have to engage in self-monitoring to manage their condition. Let's share ideas from research and experience that can help make this easier.

QS in Schools and Education - Victor Lee (Oak)
Are you an educator? How do you think the Quantified Self movement can bring lively engagement with science, math, data visualization, and critical thinking into the classroom?

The Behavior Change Breakout - Kendra Markle (Prince)
The tracking-insight-display feedback loop is central to many designs for self-tracking tools. Let's talk about how to improve on it, sustain it, automate it or make it social.

Building Tools for Effective Data Analysis - Michael Murray (Tent)
Sensors and apps provide us with a lot of data, but there are few options to perform effective analytics. We'll discuss the current challenges in data analysis and what we'd like to see in future tools.

Conversation (Chapel)

Lifelogging - Cathal Gurrin
Ultra-photo-logger Cathal Gurrin (Dublin City University) will moderate this QS Conversation about the unexpected effects of continuous lifelogging. Discussants include Andy Hickl of Aro/Saga and Aaron Parecki of ESRI.

Office Hours

Sandalbay Life - Neil Malhotra (Curie)
Sandalbay Life is a tool to build your own Quantified Self application in less than an hour, no programming required.
sandalbaylife.com

SelfEcho - DJ Wetmore (Ebbinghaus)
SelfEcho is an early stage startup working on a mobile application and web platform to enhance well being by analyzing personal data from many sources.
selfecho.com

Everylog - Joe Zaczyk (Feynman)
Everylog is a social life logging tool that enables you to create custom logs to track, quantify and compete on specific things you're passionate about in life.
everylog.com

AdaptRM - Megan Thorsen (Haraway)
AdaptRM empowers professionals to track time on all devices, and learns to assign time to projects for invoicing, efficiency analysis, and relationship management.
adaptrm.com

Quantid - Matt Lewis (Lovelace)
Quantid is a social networking platform enabling users to improve their well being by aggregating data from popular tracking gadgets and apps.
quantid.co

Datafist - Evan Savage (Tesla)
Datafist is an open-source, in-browser tool for visually exploring personal datasets.
datafist.savageevan.com

CommonSense Dashboard - Freek van Polen (Turing)
CommonSense gathers data from different data sources and aggregates it into a user's personal states, regardless of which device they use or if they forget to bring one.
commonsense-dashboard.com

Session 3 - Thursday, 3:00 pm

Show&Tell talks (Ventana)

Can a 5'7" Person Learn to Dunk a Basketball? - Mark Moschel
This year Mark pursued a seemingly impossible dream - learning to dunk a basketball - and tracked the effects.

An "Unknown and Incurable Illness" - Damien Blenkinsopp (Ventana)
In March 2012, Damien was struck down by a sudden, baffling illness. This started him on a self-tracking journey back to health.

The Quantified Double Self: A Tale of Twins - Rosane Oliveira
Rosane and her twin sister are doing an experiment with double genetic testing, metabolic testing, gut microbiome and other data.

Looking at a Screen for 8,000 Hours - Robby Macdonell
Robby shares what he learned tracking his time on the computer consistently for six years.

Breakout Sessions

Saga - Lifelogging with Data - Andy Hickl & Kitty Ireland
(Chapel Hill)
Come dig into how Saga is connecting location and biometrics. We'll talk about potential applications, the inevitable privacy concerns, and the unexpected things that might might happen when everyone is lifelogging. (QS Sponsor Breakout)

Tracking for self-awareness - Ronit Herzfeld & David Hersey (Oak)
What types of tools and tracking practices have you found useful for monitoring your feelings in the moment, and how do you apply the data?

QSXX: Breakout for Women-Specific Conversations - Amelia Greenhall & Maggie Delano (Prince)
QSXX Meetups started this year in SF and Boston to create space for the women-specific QS conversations we want to have. This breakout session is specifically for women and people who identify as non-male. Come talk about your QS experience.

Personal Data and Clinical Data - Chris Hogg (Tent)
The landscape of medical information is rapidly changing. What will it take to improve the connection between self-tracking and clinical data?

Conversation (Chapel)

Tracking Mood - Jon Cousins
Jon Cousins, the creator of Moodscope, joins Tod Dykstra (Senti.us) and Stephanie Greer (UC Berkeley) for a QS Conversation about how we can track and learn about mood and subjective experience.

Office Hours

Airo - Abhilash Jayakumar (Curie)
Airo sits on your wrist and automatically monitors your nutrition intake, stress patterns, physical exertion and sleep quality.
getairo.com

Databetes - Doug Kanter (Ebbinghaus)
Databetes helps diabetes patients better manage their health by aggregating both medical and lifestyle data using a meal memory system to track how food affects blood sugar.
databetes.com

Mymee - Mette Dyhrberg (Feynman)
Mymee enables health practitioners and their clients to identify the underlying causes of health issues and create sustainable behavioral change.
mymee.com

My INR Journal - Robert Rothfarb (Haraway)
Easily track anticoagulant therapy testing and dosing on your mobile device, including INR values, current Warfarin dosing, and your next testing date.
hiddenline.com/myinrjournal

MICA: Memory Improvement Alarm Clock - Daniel Gartenberg (Lovelace)
Sleep can be measured and evaluated in a number of ways - but can it be improved? Learn how our application can help you improve and enhance your sleep.
proactivelife.org

Funf - Nadav Aharony (Tesla)
The Funf Open Sensing Framework is an extensible sensing and data processing framework for mobile phones, with a free and open source set of tools for developers and non-technical researchers.
funf.org

Genetrainer - Ralph Pethica (Turing)
Genetrainer provides training plans and personalized advice using your DNA, allowing you to find the fastest route to your individual fitness goals.
genetrainer.com

Session 4 - Friday, 10:30 am

Show&Tell talks (Ventana)

Grandma was a Lifelogger - Kitty Ireland
Through an exploration of her grandmother's diary from 1942, Kitty explored her own life (and lifelog) in the context of her family history.

Food Allergy Mystery - Sue Lueder
Statistical analysis helped Sue to solve a difficult food allergy mystery.

Landmines & Zombies - Chris Bartley
Applying the statistics Chris used on a fateful trip to Pakistan, he discovered the differences between being ok … and being a zombie.

Running Cold - Does it Burn More Calories? - Nick Alexander
Will Nick increase his calorie burn rate by running the same route in colder weather?

Breakout Sessions

Connecting Things with Bluetooth 4.0 - Lisa Winter & Mike Winter (Chapel Hill)
Let's talk about how to use Bluetooth 4.0 and what it will mean for building connected data and devices.

The QS Forum - Dan Dascalescu (Oak)
This breakout is a chance to say hello to other participants in the Quantified Self forum (forum.quantifiedself.com), meet the admins, and help make the forum better.

QS in 10 & 100 Years - Kevin Kelly (Prince)
What will Quantified Self look like in 10 and 100 years?

Heart Rate Variability 101 - Ronda Collier (Tent)
Exercise recovery and stress measurement represent only a fraction of the scope of HRV. After reviewing the basics, we can dive into the physiology, analysis, and applications of HRV and identity.

QS Conversation (Chapel)

Quantified Self APIs - Eric Jain
Join Eric Jain (Zenobase) for the next chapter in our ongoing conversation about the ins and outs of Quantified Self APIs, with experts Beau Gunderson (Practice Fusion), Anne Wright (Fluxtream/BodyTrack,) and Aaron Coleman (Fitabase).

Office Hours

The M1ND Electromagnetic Field Surround Sensor - Gustaf Kranck (Curie)
This is the first public demonstration of a new way to measure and visualize the electromagnetic (EM) fields surrounding us.
them1nd.com

OpenMedNet - Andreas Kogelnik (Ebbinghaus)
OpenMedNet is a tool for securely tying together your medical record and quantified self data.
openmedicineinstitute.org/research-services/openmednet/

Wearable Continuous ECG - Maggie Delano (Feynman)
Learn about a wearable monitor that measures ECG and 3-axis acceleration continuously for more than one week.
maggiedelano.com

TrueSense Kit - Fu-Chieh Hsu (Haraway)
The world's smallest, wearable, wireless, affordable bio-sensor, with open data and open source support.
op-innovations.com & bioshare.info

Awareness App - Ronit Herzfeld & David Hersey (Lovelace)
An app that randomly interrupts to ask what you are feeling and doing, so you can identify potentially unhealthy patterns.
awarenessapp.net

AskMeEvery - Mark Moschel (Tesla)
Simple, meaningful self-tracking through email/text. Focus on mindfulness, accountability, and easy documentation.
askmeevery.com

Trust in Numbers? - Mimmi Sjöklint (Turing)
This PhD project poses questions about you and your relationship to personal data. Why do you engage in self-tracking and how do you use the data to make decisions in life?
ieateveryday.wordpress.com

Lunch - Friday, 12:00 pm

Ignite talks (Ventana)

Are You What You Eat? Or What You Buy? - Jason Langheier & Greg Schwartz
Can tracking what we eat be done more easily by tracking what we buy?

Data from my iPhone ECG - Dr. David Albert
Progress on easy, handheld ECG yields interesting personal results.

Measuring the Moment - Ajay Chander
How are health and habits impacted by momentary assessments? Ajay will report on his early experiences with real-time vitals and stress-tracking using the Sprout.

Quantified/Unquantified: What I've learned from self-tracking in different modes - Nancy Dougherty
Why we need more sophisticated biosensors, and what we need to make them useful in real situations, not extreme ones.

Building and Using a bio-sensing Garment - Stéphane Marceau
What happens when your clothes know your ECG, stress level, activity, and calories? Stéphane Marceau tells us about his personal journey with data from an OMsignal shirt.

Beeminding Beeminder - Daniel Reeves & Bethany Soule
With task-tracking and a stochastic self-sampling time-tracking app, data becomes the foundation for commitment contracts.

Playing with my Breath - Olivier Janin
Olivier presents his personal experience on how he quantified his stress, and the benefits he gained. by training and playing with his breath.

QS Adventures with my Kids - Bill Schuller
Bill Schuller invented QS games with his young children so they could compete with family and friends to get the most steps.

Session 5 - Friday, 1:30 pm

Show&Tell talks (Ventana)

How I Lost 200 Lbs - Richard Harrison
Richard will tell a story about overcoming obesity in 18 months without diets, surgery, physicians, or trainers.
A 30 Day Trial of the Slow Carb Diet - Dan Dascalescu
Dan presents his data from a trial of the Slow Carb Diet, popularized by Tim Ferriss in 4-Hour Body.

Celiac Discovery: Regaining My Health and Well-Being - Katrina Rodzon
At 25 years old, Katrina was overweight and at risk for Type 2 diabetes. During this talk she will show how she used data to discover the root of her issues.

50,000 Observations Later - Thomas Christiansen
In the Fall of 2011, Thomas, co-founder of Mymee, told the QS community about how his self-tracking of sneezes (among other things) led to improvement of his allergies. Here's an update, 50,000 observations later.

Breakout Sessions

Cognitive Tracking - Nick Winter (Chapel Hill)
We'll exchange ideas about the methods and consequences of tracking our ability to think.

EEG Tracking and Measurement - Martin Sona (Oak)
How does EEG work? What equipment is available? What are the best techniques for data analysis? How do you stick the electrodes on? Come share your questions and answers.

Donating Data for Public Good - Jerry Sheehan (Prince)
How do we use personal data to influence public good? Let's discuss how to wisely and ethically advance the sharing infrastructure.

What's Up with Where? - Eric Blue (Tent)
Location-aware apps and services are common. What are the most interesting tools and challenges we'll face as everything is geocoded?

Conversation (Chapel)

Measuring Stress and Making Meaning - Ernesto Ramirez
Heart rate and HRV, galvanic skin response, blood glucose: all these metrics and many others are associated with stress. Let's talk about how they work and what they can be made to mean. With Roland Gaber (Hack EXG), Matteo Lai (Empatica) and Jo Beth Dow (SweetWater Health). Moderated by Ernesto Ramirez.

Office Hours

Open Conversation - Kevin Kelly (Curie)
Kevin Kelly is the editor and publisher of Cool Tools and the co-founder of The Quantified Self and Wired magazine. His most recent book is **What Technology Wants**.
kk.org

Human Locomotome Project - Petr Fedichev (Ebbinghaus)
The goal of this project is to develop methods for early detection of a variety of chronic conditions.
crowdage.org/projects/newton/

Try the iPhone EKG - Dr. David Albert (Feynman)
At AliveCor, Dr. Dave Albert has pioneered a handheld, consumer-friendly iPhone ECG. Come try it and discuss.

i4 Neuroleader - Relmi Damiano (Haraway)
The i4 Neuroleader is a personal leadership assessment tool that allows you to measure and track your progress in the areas of performance, collaboration, innovation and agility.
aboutmybrain.com

Zipongo - Jason Langheier (Lovelace)
Zipongo makes it easy to eat well, with meals personalized to your biometrics and food history.
zipongo.com

Zenobase - Eric Jain (Tesla)
Zenobase helps people record, aggregate and correlate personal tracking data.
zenobase.com

Fluxtream/BodyTrack - Candide Kemmler & Anne Wright (Turing)
Fluxtream/BodyTrack is an open-source personal data aggregation and visualization framework and a set of data exploration tools to help you make sense of your life.
fluxtream.org

Session 6 - Friday, 3:00 pm

Show&Tell

Life in the Fast Lane: Learning from Vitals - Stephen Zadig (Ventana)
Racing cars requires a lot of focus. Steve will show data from a race and and discuss how he uses it and what it means in his life.

Tracking my Blood Anticoagulation Drug - Robert Rothfarb (Ventana)

Many people have to take anticoagulants, and they test their INR values monthly; here's what Rob learned from testing more often at home.

Long-term Nutrient Logging and Systematic Analysis - Alan Gale (Ventana)

Alan's story of long-term nutrient logging, and the system he created to manage and learn from it.

A Photo Every Minute: One Year Later - Rob Shields (Ventana)

For over a year, Rob has been wearing a camera that takes a picture every minute of his waking life.

Breakout Sessions

Delusion of Precision - Bill Schuller (Chapel Hill)

Data varies in quality. Discuss techniques that can be used to increase precision, and how to figure out when precision matters.

QS and Positive Psychology - Jeff Fajans (Oak)

How has engaging in self-tracking enhanced your creative abilities, improved your relationships, or helped you find meaning in your life?

QS Researchers - Jakob Eg Larsen & Whitney Erin Boesel (Prince)

Come meet scientists and scholars for whom Quantified Self is a research topic. We will continue the conversation that began at least year's conference, and welcome new participants.

If You are Starting a QS Company ... - Mark Moschel (Tent)

Let's exchange business advice among peers. We'll start by polling for the startup challenges we're experiencing, and then share insights.

Office Hours

Big Brother Meets Big Mother - Amy Looper (Curie)

Learn about an evidence-based research approach for reducing kids' social emotional distress and dropout rates, and increasing their grade point averages.
oneseventeenmedia.com

LivingTime Personal Timeliner - Lee Lukehart (Ebbinghaus)

LivingTime produces a graphical timeline of the events of one's life to help reveal patterns, or to compare with other shared or public event timelines.
livingtime.com

Fitoop - Katrina Rodzon, Michael Murray (Haraway)

Fitoop syncs all your data into one easy to understand place, provides advanced analytics, and gives you data-based suggestions to help you reach your health goals.
fitoop.com

Forget.io - Zachary Vance (Lovelace)

Forget.io is a text-messaging service that sends you random prompts throughout the day.
forget.io

Interested in Lifelogging? - Cathal Gurrin (Turing)

At DCU, in Ireland, we are developing lifelogging applications for wearable computing and would love to discuss what you are interested in logging and whether you are interested in taking part in our upcoming beta trials.
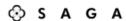
AUTODESK.

(intel)

Withings

FUJITSU

SAGA

CarneyLabs.

vitalconnect

ZEN SOR IUM

SCANADU

BULLETPROOF

AddApp	Lumoback	RescueTime
Beddit	Mark Drangsholt	Sen.se
Beeminder	Narrative	Sensoplex
Calit2	Mindful Cyborgs	Stirworks
Chris Dancy	Naveen Selvadurai	uBiome
Douglass Winthrop	OmSignal	Ubisoft
Dreams Cloud	Open mHealth	ViviTouch
Ergo Depot	QS Institute	VSP
Gordon Bell	Reconti	