QUANTIFIED SELF EXPO 2015 PROGRAM

#QS15
The 2015 Quantified Self Exposition highlights the wearable devices and apps that give you intimate and direct feedback about yourself, from how you sleep, eat, and exercise, to what triggers fear and joy.

Throughout the day, we’re hosting talks and workshops from leading members of the QS Community, including experts in health, fitness, and sports performance, on how to use self-tracking to improve your life.

**Expo Stage 10:30 am**

**THE ART OF SELF-TRACKING**  
Alberto Frigo, Jacek Smolicki  [Cowell Theater]  
Come learn about the art of self-tracking, featuring works from international artists who use personal data tracking techniques in their artistic practices.

**How-To Sessions 10:30 am**

**MEET THE BACTERIA IN YOUR MOUTH AND GUT**  
Alexandra Carmichael  [Hopper]  
uBiome is bringing the microbiome to the public. What can you learn about the microorganisms in your mouth and gut?

**FUN TRACKING PROJECTS FOR KIDS**  
Bill Schuller  [Curie]  
Join tracker and father-of-two Bill Schuller to find out about fun self-tracking projects you can do with your kids.

**HOW TO TRACK YOUR ANTICOAGULATION THERAPY**  
Robert Rothfarb  [Turing]  
Rob Rothfarb developed the INR Journal app to help him follow his anticoagulation medication and INR testing regimen. He’ll show how to track your own INR testing and follow your Warfarin/Coumadin therapy.

**UNDERSTANDING AND IMPROVING YOUR SLEEP WITH BEDDIT**  
Lasse Leppäkorpi  [Lovelace]  
Sleep tracking can be hard, but it doesn’t have to be. Come and see how Beddit can automatically track your sleep without you even noticing.

**IMPROVING YOUR DRIVING AND QUANTIFY YOUR CAR WITH AUTOMATIC**  
Thejo Kote  [Franklin]  
Your car is the most expensive computer you own and rife with data that represents a lot of time and money. Join Automatic CEO Thejo Kote to learn how you can quantify, learn, and save from this valuable data.

**Expo Stage 11:00 am**

**WHERE THINGS HAPPEN: THE POWER OF LOCATION**  
Chris Hogg  [Cowell Theater]  
Where things happen gives important clues about why they happen. Join geospatial leader Propeller Health in a forward-looking conversation about using location data to make new discoveries.

**How-To Sessions 11:00 am**

**NEXT STEPS WITH FITBIT**  
Aaron Coleman  [Lovelace]  
Aaron Coleman, the founder of Fitabase, the leading aggregator of Fitbit data for research, will help you figure out how to get your Fitbit data flowing where you want it.
HOW TO TOUCH YOUR TOES
Bryan Ausinheiler  [Hopper]
How close you can get to touching your toes is an excellent measure of well-being. Improving this is multidimensional; learn how from physical therapist Bryan Ausinheiler.

STIMULATE YOUR BRAIN WITH TDCS
JD Leadam  [Franklin]
Join JD Leadam, founder of The Brain Stimulator, to learn more about transcranial direct current stimulation.

Expo Stage 12:00 pm
A COMPUTER ON YOUR FINGER
Linda Avey, Petteri Lahtela, Hannu Kinnunen  [Cowell Theater]
We know about wrist wearables; what about a finger wearable? Join the creators of the ŌURA ring in conversation with QS pioneer Linda Avey, co-founder of 23andMe and founder of the personal experimentation platform We Are Curious. What can we learn from a finger sensor?

BRINGING YOUR QS DATA TO THE DOCTOR
Paul Abramson  [Curie]
You have all your data and now it’s time to see your doctor. How should you start the conversation? Join Dr. Paul Abramson to learn practical tips to talking data with your doctor.

MEASURING WAKEFULNESS TO HELP WITH SLEEP
Daniel Gartenberg  [Hopper]
The effects of poor sleep are felt during the day. QS organizer and cognitive science researcher Daniel Gartenberg shares tips on how to improve sleep by measuring wakefulness.

WHAT’S AN ECG?
Maggie Delano  [Turing]
Measuring with an electrocardiogram sounds complicated, but Maggie Delano will break it down for you. Learn what an ECG is and how you can make your own simple ECG circuit in this fun demo!

USING HEART RATE TO RELIEVE ANXIETY
Elizabeth Russell  [Lovelace]
Elizabeth Russell, creator of stress tracking and management app DataDog, shows how to use heart rate and other metrics to support a mental health therapy program.

RESCUING YOUR PRODUCTIVITY
Robby Macdonell  [Franklin]
Learn how to track and improve your productivity from Robby Macdonell, head of product development for RescueTime.
EXPO PROGRAM

Expo Stage 12:30 pm

NEW SENSORS, NEW SENSES
Matteo Lai, Erica Forzani [Cowell Theater]
Come see how two pioneering sensor companies, Empatica and Breezing, are bringing formerly hard-to-detect mental and physical conditions into the realm of experience.

How-To Sessions 12:30 pm

TELL YOUR DATA STORY WITH GYROSCOPE
Anand Sharma [Lovelace]
Learn to make a data-rich personal website in 20 minutes with Gyroscope.

A QS COACHING SESSION
Mette Dyhrberg [Turing]
Sometimes the hardest part about tracking is asking the right questions. The right kind of coach can help. Join Mette Dyhrberg to learn from real examples of people using QS coaches to better understand themselves.

WHAT ARE YOU DRINKING?
Glen Lubbert [Franklin]
Tracking alcohol consumption can be very interesting, but what about everything else we drink? Get some ideas about how and why to track what you drink.

QS + COMMITMENT CONTRACTS
Bethany Soule, Danny Reeves [Hopper]
Use data and data visualization as the basis for goal-setting and behavior change.

CONNECT YOUR DATA WITH ADDAPP
Kouris Kalligas [Curie]
Join the creator of a powerful, easy to use personal data aggregator to find out how you can learn more about yourself by putting your data to good use.

Expo Stage 1:00 pm

BRAINWAVE TECHNOLOGY AND CONSCIOUSNESS HACKING
Mikey Siegel, Ariel Garten [Cowell Theater]
The age of brainwave technology is here. Disguised as game controllers, headband wearables are already able to detect mental states and control actions in the physical world. InteraXon founder Ariel Garten and consciousness hacker Mikey Seigel discuss the state of the art.

How-To Sessions 1:00 pm

A 15 MILLION IMAGE LIFELOG
Cathal Gurrin [Lovelace]
Body cameras are becoming common. Come learn from one of the world's leading experts on lifelogging.

BRING YOUR OWN DATA
Evan Savage [Curie]
Our friends at Intel are working on a new personal discovery platform called DataSense. Bring your own data to try it out!

UNLOCKING THE ANSWERS IN YOUR BLOOD
Gil Blander [Franklin]
Learn about common and uncommon blood tests that can help you understand yourself better.

TRACKING DIET TO SUPPORT CANCER TREATMENT
Dawn Lemanne [Turing]
Oncologist Dawn Lemanne shares useful things to know about self-tracking and cancer treatment: diet, microbiome, and more.

SMART CLOTHING AND YOU
Ran Ma [Hopper]
Self-tracking is coming for your clothes! Learn about the newest advances in making your clothing “smart” and what you should be looking forward to.

Expo Stage 1:30 pm

EARLY LESSONS FROM STARTING QS COMPANIES
Tim Chang, Bryce Roberts [Cowell Theater]
Investor Tim Chang shares lessons learned from starting and advising QS companies.

How-To Sessions 1:30 pm

IS THERE AN ANSWER FOR EMAIL STRESS?
Mark Wilson [Lovelace]
Email is a common source of stress. Mark Wilson shares how he tracks his inbox and uses the results to enhance self-awareness.

GETTING MORE OUT OF OUR DATA
Alexander Senemar [Hopper]
People now have access to many sources of data ranging from their health, finances, social interactions, and more. Alexander Senemar will talk about how we can put them to action for our benefit.

HOW TO MEASURE YOUR FITNESS LEVEL
Siva Raj [Curie]
Join Siva Raj, author of “The Hacker's Guide to Fitness” blog to discuss why it is important for each of us to know our fitness level and how it correlates with age, health and athletic performance.
AUGMENTING HUMAN AESTHETICS WITH SELF-TRACKING DATA
James Pricer [Turing]
Join this 20-minute technical class on using self-tracking data to augment your own aesthetic ability to create art. This class is for artists and non-artists alike.

Expo Stage 2:00 pm

A NEW VIEW OF THE BODY
Paul Melnikow [Cowell Theater]
BodyLabs will demonstrate how you can get an accurate 3-D scan of a human body using basic consumer technology.

How-To Sessions 2:00 pm

MOOD TRACKING
Jon Cousins [Franklin]
Why would you want to track your mood? Discover some new ideas for mood tracking by yourself and with your loved ones.

TRAINING AND TRACKING FOR 5KS TO MARATHONS
Julie Price [Lovelace]
Julie Price has run 15,000 miles, is a certified running coach, and has tried many different tracking methods. Come learn about what works, what doesn’t, and what you might want to try before your next big race.

CYCLING WITH STRAVA
Patrick Whitaker [Hopper]
Cyclist and long time QS organizer Patrick Whitaker shares tips about tracking cycling with Strava and other tools.

WORKING ON COMPLEX HEALTH ISSUES WITH DATA
Anne Wright [Turing]
Join Anne Wright, leader of the BodyTrack project and co-developer of the Fluxstream platform, to learn how to use multiple data streams to work on complex health issues with some specific examples.

CREATE YOUR FIRST RANDOMIZED SELF-EXPERIMENT
Cara Mae Cirignano [Curie]
Join Cara Mae Cirignano to learn how you can use Whatify to run randomized self-experiments like a pro (no stats degree required).

How-To Sessions 2:30 pm

SELF-TRACKING AND FAMILY CAREGIVING
Rajiv Mehta [Hopper]
For those of us caring for family members, self-observation and self-awareness are crucially important. Rajiv Mehta, director of the Atlas of Caregiving, explores some ideas that can help.

YOUR GENES AND YOUR FITNESS
Ralph Pethica [Franklin]
Learn from Ralph Pethica about how you can use your genetic test results to improve fitness and sports performance.

MEASURING CHILD DEVELOPMENT
Linda Craib [Lovelace]
How can every parent play a role in helping identify children with developmental challenges? Join pediatric healthcare specialist Linda Craib, RN, to talk about the impactful measures of early, parent-driven, developmental benchmarking.

TRACKING ARTHRITIS
Todd Yeck [Curie]
Are you or someone you know living with rheumatoid arthritis? Come learn about the new MyRA app.

Expo Stage 3:00 pm

MOVIE SCREENING: PERSONAL GOLD: AN UNDERDOG STORY
Sky Christopherson [Cowell Theater]
Join us for a screening of Personal Gold, a feature-length documentary following four female cyclists who, against all odds, became medalists at the 2012 Olympics. Underfunded, these women turned to innovative Quantified Self techniques and a data, not doping philosophy in a successful bid to win the first U.S. women’s track cycling medal in 20 years. It’s an incredible story and a great film.

Expo Stage 4:30 pm

PERSONAL GOLD Q&A [Cowell Theater]
Don’t leave the theater! We’re hosting an exclusive live Q&A featuring Olympic medalist and film subject Dotsie Bausch; the film’s director, Olympian Tamara Christopherson; producer and world record holder Sky Christopherson; co-producer and Olympian Adam Laurent; and cast member Dr. Gil Blander from InsideTracker.
10:30 am  THE ART OF SELF-TRACKING – Alberto Frigo, Jacek Smolicki
11:00 am  WHERE THINGS HAPPEN: THE POWER OF LOCATION – Chris Hogg
11:30 am  THE ALGORITHMS ARE COMING. WHAT'S AT STAKE? – Vinod Khosla
12:00 pm  A COMPUTER ON YOUR FINGER – Linda Avey, Petteri Lahtela, Hannu Kinnunen
12:30 pm  NEW SENSORS, NEW SENSES – Matteo Lai, Erica Forzani
1:00 pm  BRAINWAVE TECHNOLOGY AND CONSCIOUSNESS HACKING – Mikey Siegel, Ariel Garten
1:30 pm  EARLY LESSONS FROM STARTING QS COMPANIES – Tim Chang, Bryce Roberts
3:00 pm  MOVIE SCREENING: PERSONAL GOLD: AN UNDERDOG STORY – Sky Christopherson
4:30 pm  PERSONAL GOLD Q&A
10:30 am  Fun tracking projects for kids
11:00 am  Combining your data with Zenobase
11:30 am  Self-tracking and Parkinson’s disease
12:00 pm  What’s an ECG?
12:30 pm  A QS coaching session
1:00 pm  Tracking diet to support cancer treatment
1:30 pm  Augmenting human aesthetics with self-tracking data
2:00 pm  Working on complex health issues with data

10:30 am  Understanding and improving your sleep with Beddit
11:00 am  Next steps with Fitbit
11:30 am  Measuring stress with heart rate
12:00 pm  Using heart rate to relieve anxiety
12:30 pm  Tell your data story with Gyroscope
1:00 pm  A 15 million image lifelog
2:00 pm  Tracking arthritis
2:30 pm  Tracking arthritis

10:30 am  Improve your driving and quantify your car with Automatic
11:00 am  Tracking your baby for fun
11:30 am  Stimulate your brain with tDCS
12:00 pm  Rescuing your productivity
12:30 pm  What are you drinking?
1:00 pm  Unlocking the answers in your blood
2:00 pm  Mood tracking
2:30 pm  Your genes and your fitness

10:30 am  How to track your anticoagulation therapy
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