

QS15 | JUNE 20
FORT MASON CENTER
SAN FRANCISCO

QUANTIFIED SELF
EXPO 2015
PROGRAM

#QS15

QS15 | EXPO PROGRAM

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.

TRACKING YOUR BABY FOR FUN

Morgan Friedman [Franklin]

Many of us have noted our babies' first smiles and first words. Developer Morgan Friedman will share some new ideas about what we can track and learn about our very young children.

COMBINING YOUR DATA WITH ZENOBASE

Eric Jain [Curie]

Do you have a lot of data stored in a lot of different places? Come learn about the power of data aggregation with Eric Jain, the founder of Zenobase.

TRACK YOUR SNEEZES (REALLY!)

Thomas Blomseth Christiansen [Hopper]

Did you know you can help alleviate your allergies simply by tracking your sneezes? Learn why and how.

TRACKING FOR SENIORS

Mark Leavitt [Turing]

Doctor, inventor, and QS organizer Mark Leavitt shares his own self-tracking practices and tips for other active seniors.

Expo Stage 11:30 am

THE ALGORITHMS ARE COMING. WHAT'S AT STAKE?

Vinod Khosla [Cowell Theater]

Vinod Khosla is one of the most renowned digital health investors in the world. Join him for a wide ranging discussion of algorithmic medicine and human-machine cooperation in learning and discovery.

How-To Sessions 11:30 am

MEASURING STRESS WITH HEART RATE

Paul LaFontaine [Lovelace]

Renowned self-tracker and "QuantSelfLaFont" blogger Paul LaFontaine will share state-of-the-art methods for measuring psychological stress in daily activities using off-the-shelf and inexpensive technology.

SELF-TRACKING AND PARKINSON'S DISEASE

Kevin Krejci [Turing]

If you or someone you know is dealing with Parkinson's disease, learn from Kevin Krejci's personal experience how tracking can be helpful.

LIGHT, SOUND, AND HAPTICS: INNOVATION IN STRESS REDUCTION

Steven Dean [Curie]

Come try out some safe new methods for reducing stress and improving well-being.

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 ÖURA 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 you doctor. How should you start the conversation? Join Dr. Paul Abramson to learn practical tips to talking data with you 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.

QS15 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]

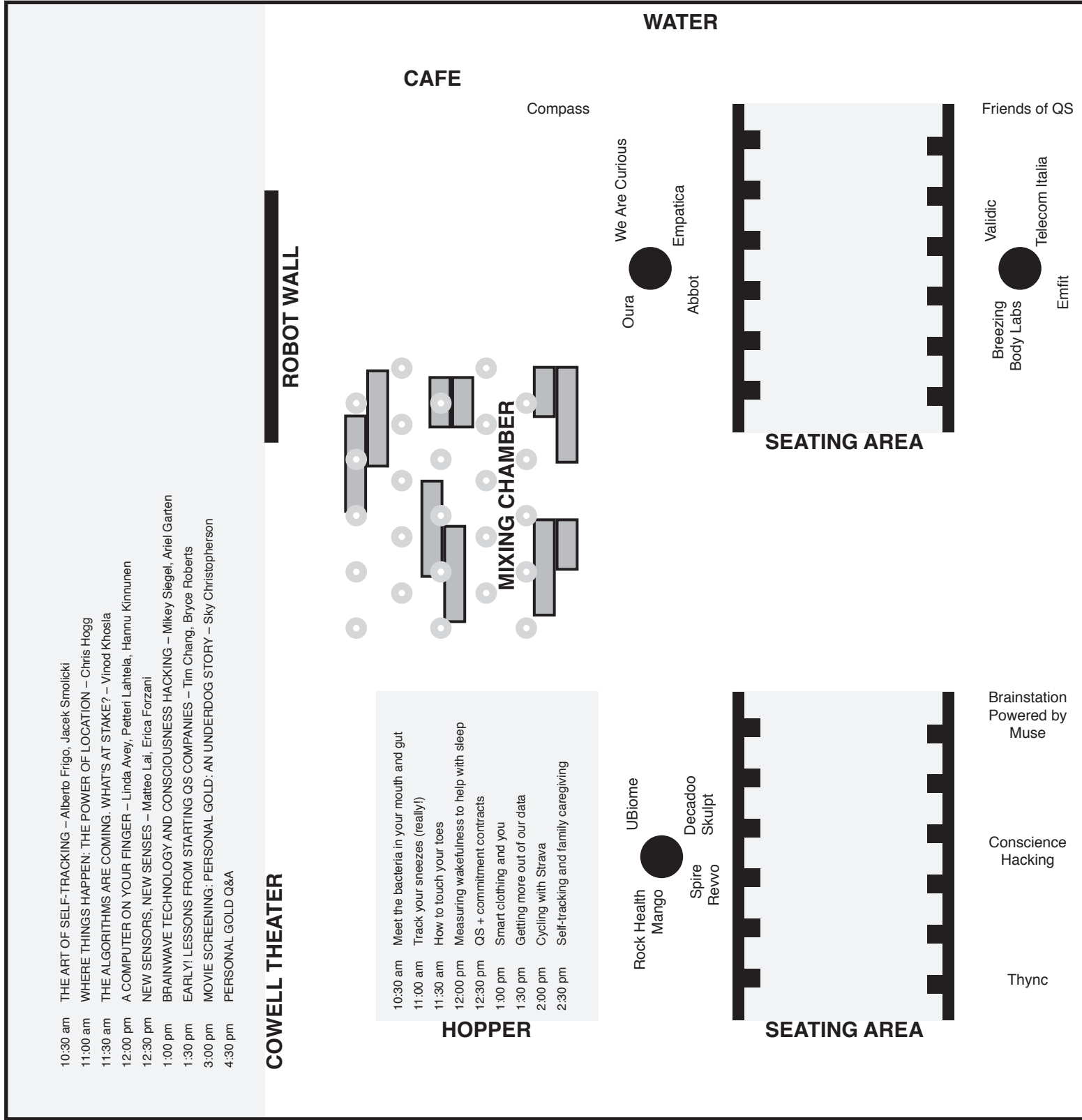
Join us for a screening of Personal Gold, a feature-length documentary following four female cyclists who, against all odds, became medalists at the 2012 Olympics. Underfunded, these women turned to innovative Quantified Self techniques and a data, not doping philosophy in a successful bid to win the 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
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- 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 Meet the bacteria in your mouth and gut
- 11:00 am Track your sneezes (really!)
- 11:30 am How to touch your toes
- 12:00 pm Measuring wakefulness to help with sleep
- 12:30 pm QS + commitment contracts
- 1:00 pm Smart clothing and you
- 1:30 pm Getting more out of our data
- 2:00 pm Cycling with Strava
- 2:30 pm Self-tracking and family caregiving

HOPPER

OUTSIDE SEATING

EXIT

EXIT

COWELL THEATER

ROBOT WALL

CAFE

MIXING CHAMBER

SEATING AREA

SEATING AREA

WATER

Compass

Oura
We Are Curious
Empatica
Abbot

Friends of QS

Breazing Body Labs
Validic
Telecom Italia
Emfit

Rock Health
Mango
UBiome
Spire
Decadoo
Skulpt
Rewvo

Brainstation
Powered by
Muse

Conscience
Hacking

Thync

OUTSIDE SEATING

EXIT

EXIT

EXIT

WATER

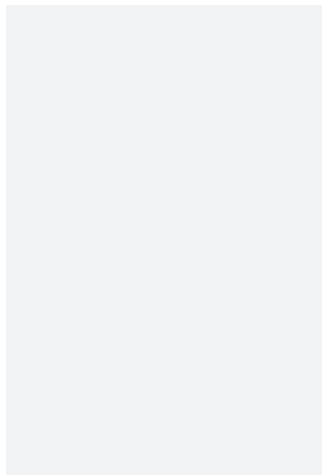
BATHROOMS >

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 IDCS
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


FRANKLIN

Luminosity

 Dexcom
 Fujitsu
 Sapience



ART GALLERY

Inside Tracker

 Intel
 Beddit
 AddApp

10:30 am	Understanding and improving your sleep with Beddit
11:00 am	Next steps with Fibit
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
1:30 pm	Is there an answer for email stress?
2:00 pm	Training and tracking for 5ks to marathons
2:30 pm	Measuring child development

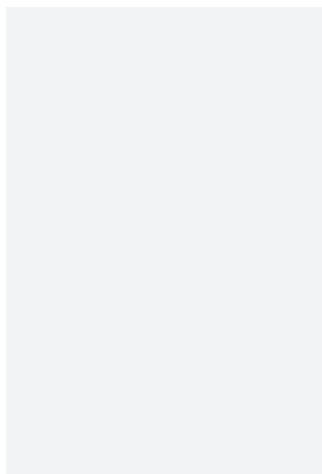
LOVELACE

10:30 am	Fun tracking projects for kids
11:00 am	Combining your data with Zenobase
11:30 am	Light, sound, and haptics: innovation in stress reduction
12:00 pm	Bringing your QS data to the doctor
12:30 pm	Connect your data with Addapp
1:00 pm	Bring your own data
1:30 pm	How to measure your fitness level
2:00 pm	Create your first randomized self-experiment
2:30 pm	Tracking arthritis

CURIE

Bayer

 MyFitnessPal
 Rescuetime
 Zensorium



ART GALLERY

Scanadu
 BulletProof

10:30 am	How to track your anticoagulation therapy
11:00 am	Tracking for seniors
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

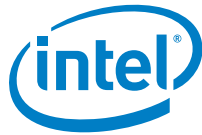
TURING

PAVILION ENTRANCE

INFO DESK >

EXIT

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