

Q&S CONFERENCE PROGRAM

Thursday, June 18th

Friday, June 19th

8:00 am	Registration & Coffee
9:00 am	Plenary Session
	Learning About Biases and Gaps in My Self-Collected Data - Shannon Connors
	Conference Welcome - Gary Wolf
	Introducing the Joy to Greater Challenge - Jay Morgan, Ernesto Ramirez
10:00 am	Break
10:30 am	Session 1
11:30 am	Break
12:00 pm	Session 2
1:00 pm	Break – pick up lunch
1:15 pm	Lunch and Ignite Talks
2:30 pm	Session 3
3:30 pm	Break
4:00 pm	Session 4
5:00 pm	Break
5:15 pm	Plenary Session

8:00 am	Coffee
9:00 am	Plenary Session
	Quantifying with Kids - Victor Lee
	Introducing Compass - Chris Dancy
	Beyond Normal: A Conversation - Dawn Nafus, Anne Wright
10:00 am	Break
10:30 am	Session 5
11:30 am	Break
12:00 pm	Session 6
1:00 pm	Break – pick up lunch
1:15 pm	Lunch and Ignite Talks
2:30 pm	Session 7
3:30 pm	Break
4:00 pm	Session 8
5:00 pm	Break
5:15 pm	Closing Plenary Session

My "Spreadsheet from Hell" - Katie McCurdy

Inside Your Blood with InsideTracker - Gil Blander

Frontiers of Tracking Health - Sam De Brouwer, Linda Avey, Jessica Richman, Tan Le

Fish Oil Makes Me Smarter - Richard Sprague

The Art of Self-Tracking - Alberto Frigo

Q&S Expo Preview - Gary Wolf

Conference Close and Thank You - Gary Wolf

Note: All Sessions and Times Are Tentative and Subject to Change

Session 1 - Thursday, 10:30 AM

SHOW&TELL TALKS

THREE YEARS OF LOGGING MY INBOX COUNT - Mark Wilson
The number of emails in my inbox correlates very well with my stress level. After passively tracking this for three years, I explore what my inbox count and other data say about how I've been (and how I've been controlled by) this stream of angst.

USING SELF-TRACKING TO HACK MUSCULOSKELETAL PAIN - Evelyn Ausinhehler
In many orthopedic injuries, the pain is delayed by hours or even days. I'll share my experience as a patient and physical therapist using a specially formatted journal (the "hypochondriac's diary") to reduce the uncertainty about causes and test interventions.

DAILY HRV AS A MEASURE OF HEALTH AND WILLPOWER - Mark Leavitt
Research has associated heart rate variability (HRV) with physical health and psychological resilience, so I built some tools and a daily habit for measuring it. Looking at trends, does HRV correlate with my health and willpower?

WHAT'S MY INDOOR ENVIRONMENT LIKE? - Bob Troia
We spend a lot of effort tracking our activity and health, yet we pay little attention to the environment around us. I tracked the air quality and electromagnetic radiation in my home, and will share what I've learned so far.

KNOW THY CYCLE, KNOW THYSELF - Tysse Mogy
I took the mystery out of the menstrual cycle with the Fertility Awareness Method. By tracking certain metrics daily, I know why my body is doing what and can conduct my sexual and emotional activity accordingly.

BREAKOUT SESSIONS

WHAT IS THE SELF IN QUANTIFIED SELF? - Natasha Dow Schüll
Join scholar and writer Natasha Dow Schüll for a conversation about the new modes of introspection and self-management that digital tracking technologies engender. We'll explore the turn toward passive data-gathering, analytic algorithms, and real-time nudges. What becomes of the self, and self-reflection, with these automated forms of tracking?

INNOVATION FOR UNDERSERVED COMMUNITIES - Ran Ma
Many chronic illnesses and conditions can be managed and prevented with the right tools, the technology that can solve many of our most vexing health problems. We'll explore the turn toward passive data-gathering, analytic algorithms, and real-time nudges. What becomes of the self, and self-reflection, with these automated forms of tracking?

TEACHING QUANTIFIED SELF METHODS TO HEALTH PRACTITIONERS - Martin de Groot
We'll share highlights of our three years of experience in teaching N=1 and self-experimentation to allied health care and nursing students. We'd love to hear what kind of Q&S teaching you are doing and ideas you have on the topic.

SELF-TRACKING AS ARCHIVING - Jack Smolicki
There is a common emphasis on self-tracking as a means to get immediate insight for achieving goals. But self-tracking can also be a form of personal archiving, with more long-term and reflective intentions. Let's share and discuss personal archiving practices and techniques.

TRACKING THE BRAIN AND BODY - Evian Gordon, William Reckshan
More than ever, there are online tools for measuring brain performance and instabilities. Let's talk about how to use these tools and train new brain habits.

OFFICE HOURS

WELLBEE - Jon Cousins
Please stop by to see my new book project Plot Your Way to Happiness (take away a free sampler too). I've combined all I've learned from Q&S with everything I know about psychology to create a new kind of book that "nudges" readers to take small tailored actions designed to lift their physical and emotional health.

REMZEN - Sarmad Butti, Jeremiah Scott, Hannah Silverman
The REMzen intelligent sleep mask tracks the user's REM/NREM ratio and overall sleep quality. In addition to "Smartest Alarm" functionality, it also provides the user with sleep/optimization coaching through a smartphone app.

ATLAS OF CAREGIVING - Dawn Nafus, Rajiv Mehta
The Atlas of Caregiving project is using self-tracking technologies to measure and visualize the activities and burdens of family caregiving.

ZENOBASE - Eric Jain
Zenobase is a dashboard and API for aggregating and analyzing your own Q&S and IoT data.

Session 2 - Thursday, 12:00 PM

SHOW&TELL TALKS

HOW I ZAPPED MY BRAIN WITH A 9V BATTERY TO OVERCOME ANALYSIS PARALYSIS - JD Leadam
My story of self-tracking obsession, analysis paralysis, and eventual discovery of transcranial direct current stimulation (tDCS), an unprecedented tool which provided me with the ability to "rewire" my brain – producing remarkable, life-changing results.

HOW I MEASURED THIS TALK - Bill Schuller
I find public speaking very difficult, so I've started tracking my Q&S show&tell talks. I'll recount my journey to more peaceful public speaking and what I've learned from my data along the way.

BREAKING THE TV HABIT - Valerie Lanard
My "quitting television" project took aim at TV triggers. Here's how I quit TV and what my data reveals about the activities that replaced my viewing habit.

TIME AND INTENTION TRACKING - Allan Johnson
Does tracking my intentions affect how I spend my time? I found out with an app for self-reporting.

PROJECT FASTER - TRACKING TO IMPROVE CYCLING PERFORMANCE - Steven Dean
An experiment in sensing, measuring, and tracking watts to increase my cycling power output.

BREAKOUT SESSIONS

INTEGRATED CARE AND QUANTIFIED SELF - Christel De Maeyer
We want to address the need for integrated care that involves the wide range of Q&S tools and devices. From 3-D avatars to coaching and motivational programs, real-time data can have enormous impact on care. Bring your ideas and insights to help us work on this EU project together.

THINKING THROUGH DATA ACCESS AND PRIVACY - Kendra Albert
How do you view access to your data by governments, advertisers, or corporations? Are certain types of data okay to share but others make you feel awkward? We'll discuss privacy and the specific circumstances in which data might be shared, drawing lines between types of data and uses.

MINIFUL DEVICES - LIVING NONJUDGMENTALLY IN A CONNECTED WORLD - Chris Dancy
What if you could find a way to use your smartphone, wearable sensors, or connected home to live more mindfully? Every day we send thousands of alerts, notifications, updates, messages, friend requests, and texts. Can we design systems ethically for contemplation over attention?

APPLE'S RESEARCHKIT FOR EVERYBODY - Greg Schwartz
Apple recently announced ResearchKit, a platform for research using self-collected data. While aimed primarily at scientists, ResearchKit can actually be used by anybody to collaborate on tracking experiments. Let's talk about how.

THE QUANTIFIED SENIOR - Mark Leavitt
People think Q&S is mainly for the tech-savvy young, but maybe its richest benefits lie at the opposite end of the age spectrum. Join our discussion – all ages welcome!

OFFICE HOURS

SIREN - Ran Ma
We believe that prevention is the best medicine. By combining smart textiles and user-centric software, we give people actionable data for making informed decisions about their health. We are working on a sensor embedded sock and anklet that, combined, track temperature and motion, sending the data to your smartphone.

PERSONAL DATA BANK - Arkadiusz Stopczyński
Personal Data Bank with SafeAnswers allows users to collect, store, and give fine-grained access to their data all while protecting their privacy. With this infrastructure available as a service, developers can create applications powered by personal data in an easy and scalable way.

LIFELOGGING - QUANTITATING ASPECTS FOR HEALTH - Gordon Bell
Since 1998, I've explored the edges of lifelogging, i.e., recording everything in a person's life, with health and wellness as my current focus.

SANDALBAY LIFE - Neil Malhotra
Sandalbay Life is a tool to build your own Q&S application in less than an hour, no programming required.

MYMEE - Mette Dyhrberg, Thomas Blomsteh Christiansen
MYMEE is a platform for data-driven coaching, with a focus on sustainable behavior changes.

Lunch - Thursday, 1:00 PM

IGNITE TALKS

WHAT'S MUSCLE QUALITY AND HOW DO YOU MEASURE IT? - Jose Bohorquez
Dave is a muscle expert and an avid runner. Paul wanted to get in the best shape of his life, so he signed up for a bodybuilding show. I helped them track their muscle quality, leading them to view their training in a whole new light.

FIGHTING PARKINSON'S DISEASE WITH DATA: ROUND THREE - Kevin Krejci
For the past 2 years in the proverbial boxing ring between myself and Mr. Parkinson, with updates on my progress tracking multiple symptoms and therapies to slow the progression of this progressive neurodegenerative disorder, along with sleep and biome discoveries.

COLLABORATING WITH THE QUANTIFIED SELF - Jan Edlick
We've been working with human resources, industry, and individuals to try to figure out how to scale the evolving role of personal data in human health. I'll talk about our recent dive into this work and what we've been learning.

THE DIGITAL HEALTH COACH - Glennis Coursey
People have many things to help them be healthy: wearables, health apps, wireless scales, etc. However, motivation and effort can be lacking. I share what I've learned from building digital health coaching programs at Sessions and MyFitnessPal.

IS YOUR NERVOUS SYSTEM HUNGRY? - Jo Beth Dow
I conducted a heart rate variability-based analysis of the effect of macronutrient ratios on the autonomic nervous system, comparing the Bulletproof diet, the JB Personalized Diet and the SAD (standard American diet).

FROM APRIL ZERO TO GYROSCOPE - Anand Sharma
April Zero is my website for collecting and visualizing my Q&S data. It was so popular with others that I created Gyroscope, which allows people to create similar websites for themselves.

INDUSTRIAL-STRENGTH GEOSPATIAL FOR PERSONAL KNOWLEDGE - Nicholas Furness
Geospatial is more than dots on a map. The powerful geospatial tools of business and government can be used by individuals to bring great analytical power to Q&S projects.

AM I BEING INTENTIONAL? - Beau Gunderson
In the course of building a script that periodically asked me whether I was being intentional in what I was doing, I uncovered the challenge (or, at least, a defining) of intentionality.

USING GENETICS TO COME BACK FROM INJURY - Ralph Pethica
When I had a serious bike accident, the same genetics-based methods that I use to train athletes helped me recover my fitness level.

A QUEST FOR HIGH-FIDELTY ACTIVITY TRACKING - Jamie Williams
I am building tools to construct a timeline of my daily activities and explore my habits through data visualization.

MAKING SENSE OF DATA - Evan Savage
I helped build Data Sense, a tool for helping non-technical users understand their data through visualization.

CITIZEN SCIENCE MEETS THE MICROBIOME - Jessica Richman
I share what we are learning from the microbiome.

Session 3 - Thursday, 2:30 PM

SHOW&TELL TALKS

CONCUSSIONS, HEADACHES, AND THE WHOLES ELIMINATION DIET - Steven Zhang
For the past 2 years, I've been tracking sleep, diet, and headaches through, mostly manual means. I started an elimination diet a few months ago, and by using ETL scripts and Tableau visualizations, I was able to see the results of my diet quite clearly.

CAN'T YOU SEE I WAS FALLING IN LOVE? - Shelly Jiang
I explore whether I can covariate data artifacts from the past and correlate them with known life events. Can an analysis of Google Hangouts conversations with my future husband show when I fell for him?

DREAMING NUMBERS - Damien Catani
In 1998, I started logging dreams in an effort to reconstruct my life after an intense teenage crisis. Seventeen years and more than 8,000 dreams later, I'll share the surprising findings made during this quest to rationalize irrationality.

HOW MY LIFE AUTOMATION SYSTEM QUANTIFIES MY LIFE - Tahj Milburn
LIAM, my Lifestyle-Integrated Automation Machine, comprehensively gathers data on my environmental, physical, financial, and experiential states to produce a single "LifeScore" to let me know how well I'm doing.

DRINK TO LIVE LONGER: TRACKING ALCOHOL CONSUMPTION - Glen Lubbert
I'm tracking my alcohol consumption and exploring how it affects my physical performance, weight, body fat, pH levels, and most importantly, my sleep.

BREAKOUT SESSIONS

THE ULTIMATE WEARABLE DEVICE: YOUR CAR SEAT - James Hötary
FAUREC, one of the world's largest suppliers of automotive seats, is introducing the Active Wellness car seat – the world's first car seat to detect and respond to the driver's physical and mental status. Be the first to experience a demo of this seat and help us devise new uses for "quantified" drivers.

BETTER LIVING THROUGH PASSIVE INTERVENTIONS - Steven Dean
The rise of sensors, how might we use technology like actuators to help us be happier and healthier by changing our environment? Let's explore systems that intervene on the body where these changes "passively" affect our physiology and produce cascading effects without burdening the individual.

SHARING DATA WITH YOUR DOCTOR - Eun Kyong Choe
We will discuss how to facilitate better sharing of Q&S data among patients and doctors for better medical decision making. What challenges do you foresee and what are the risks of sharing your data with your doctor? What can we do to lead to successful data sharing?

Q&S AND WOMEN-SPECIFIC Q&S CONVERSATIONS - Amelia Greenhall, Maggie Delano
Women-centered Q&S meetings in SF, Boston, and NYC have created space for important conversations. Nicknamed "Q&S X" (though not all women have two X chromosomes), this breakout session is specifically for people who identify as a woman to talk about Q&S experiences.

API BEST PRACTICES FOR QUANTIFIED SELF TOOLMAKERS - Eric Jean, Anne Wright, Eric Jean
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 community have learned so far and talk about current issues.

QUANTIFIED SELF AT SCALE - Jan Edlick
In this breakout we'll discuss our ongoing exploration, supported by the Robert Wood Johnson Foundation, to understand how health research can be best served by an ecosystem of open source software and commercial vendors.

OFFICE HOURS

Alea Diagnostics - Linda Craib
Allea Diagnostics creates real-time child development benchmarks to improve the early identification of the world's costliest childhood conditions, including genetic conditions such as autism spectrum disorder (ASD). By helping the incentives of parents, providers, payers, and communities, Alea hopes to change the status quo and align children.

EXPLORING TOMORROW - Ryan O'Donnell
Exploring Tomorrow focuses on teaching students how to quantify their daily interactions and goals through the use of self-management tools developed through the science of behavior to align each student's values with their daily actions.

DAYPROFILER - Allan Johnson
DayProfiler is a mobile app that lets you profile your day and track your intentions.

Session 4 - Thursday, 4:00 PM

SHOW&TELL TALKS

HOW MUCH DOES IT COST ME TO CHOOSE ORGANIC/LOCAL FOOD? - Cara Mae Crigiano
To find out how much it costs me to eat organically and locally, I tracked every single food item purchase for 28 weeks. For each purchase, I identified the price of the conventional, non-organic alternative. The resulting cost difference extrapolated over a year surprised me.

IS FAT HEALTHY FOR METABOLITES AND COURSE CORRECTIONS DURING A YEAR OF KETOSIS - James McArthur
Burning fats instead of carbohydrates can be an advantage for weight loss, disease treatment, and athletic performance. I'm tracking ketones (markers of fat metabolism) and other health metrics, and am seeing both benefits and challenges.

EXTREME PRODUCTIVITY: MANIAC WEEK AND OTHER PRODUCTIVITY HACKS - Bethany Soule
A "maniac week" (coined by Nick Winter) is spent doing nothing but working and sleeping while documenting your face and screen with a time-lapse video. I'll talk about my successes, failures, and side effects of this level of extremism.

TRACKING AND IMPROVING MY SLEEP - Daniel Gartenberg
I've needed a sleep aid and improvement in my sleep. I used an Actwatch, Galaxy Gear, and a Hexoskin shirt. From it, I learned more about my sleep and also improved it!

REPAIRING MY GUT AFTER TRAVEL - Mark Moschel
I picked up a parasite while traveling in Ecuador, and repairing my gut afterward has involved gathering quite a bit of interesting data.

BREAKOUT SESSIONS

MAPPING PERSONAL HABITS USING NETWORK THEORY - Tiago Forte
This session will explore how (and why) to use the tools of network topology (specifically eigenvector centrality, the same algorithm behind Google's PageRank) to map and measure the habits of a single individual, building on the self-tracking experiments described in the Habit Graph.

ATHLETE SPOD DOPING - Tom Taylor, Sky Christopherson
Doping is not their whole lives trying to find an edge: a tenth of a second, a fraction of an inch, the difference between gold and also-ran. Taking performance-enhancing drugs is the easy, but illegal and dangerous route. Let's talk about how to use data instead.

SEX, SEXUAL HEALTH & QUANTIFIED SELF - Daisey Magy
Cycles, lovers, positions, kinks, and symptoms, stay, stay! How can tracking sexual activity benefit our experiences? We'll talk about what tools you're using and dream up the tools we want to use. This is a sex-positive, feminist, inclusive space open to all gender identities.

WHAT WORKS IN TRACKING INJURY, PAIN, AND RECOVERY? - Evelyn Ausinhehler
This is an open session for people who are tracking pain and recovery? by Bryan Ausinhehler

QUANT-FRIENDLY DOCTORS AND DOCTOR-FRIENDLY QUANTS - Paul Abramson
Join the evolving discussion between doctors and patients about how self-tracking can fit into medical care and vice versa.

OFFICE HOURS

OPEN HUMANS - Beau Gunderson, Jason Nobe
OPEN HUMANS is a participatory research network connecting participants, researchers, and their data. Contribute data directly to partner studies, receive copies of new raw data generated by researchers, and – if you wish – "open source" yourself and choose to donate some of your data to a shared public resource!

DATADOG - Elizabeth Russell
I use an app for stress and anxiety. It measures stress using heart rate, heart rate variability, accelerometer, and personal history in months of at times of high stress and promotes engagement in therapy.

PRESCRIBE DESIGN - Aaron Sikar
The key to improving healthcare is a network of engaged, informed designers. We created Prescribe Design to merge the conversations in design with those in health, bringing design natives and healthcare natives together.

Session 5 - Friday, 10:30 AM

SHOW&TELL TALKS

A SMART SCALE FOR A HEALTHY WEIGHT LOSS - Akshar Khareb
I used a smart scale to lose 65 lbs. over the course of a year, and to keep it off for the last three. Prior, I found healthy weight loss to be an emotionally difficult process. With Q&S data, I no longer relied on my gut feeling to reduce my gut.

20 YEARS OF TRACKING: BUT WHAT HAVE I LEARNED? - Ian Shanellanger
I've got lots of data: weight, activity, sleep, and health. I find as I keep reviewing it and visualizing it in different ways, always looking for patterns, that there are still things to be learned.

SEX-TRACKING THE MICROBIOME - Francois-Joseph Lapointe
My wife and I have tracked our microbomes in an attempt to assess the complex dynamics of bacterial communities living in two bodies in close contact. We sampled oral, anal, urethral, and vaginal microbomes to see what changes occurred.

SELF-TRACKING FOR AUTOIMMUNE MASTERY - Jacqueline Whelan
Auto-immune issues threatened to disable me before age 30, but after getting a step tracker to help with weight loss, I made some accidental discoveries that prevented further autoimmune setbacks and cured my chronic bronchitis.

PUTTING MY BLOOD METRICS IN CONTEXT - Gil Blander
I tracked my weight, activity, heart rate variability, blood tests, and genetic data during the last year, looking at the effect of nutrition and exercise on physiologists, biomarkers, and my performance.

BREAKOUT SESSIONS

WHAT HAPPENS TO PRIVACY WHEN THE INTERNET IS IN EVERYTHING? - Alexander Senemur
The innumerable life-changing opportunities to our daily lives brought on by connected cars, interactive fridges, and Internet-enabled watches must be balanced against the potential for invasion of privacy, data breaches, and even misuse. We'll discuss the problems inherent to privacy policies today and how we can overcome them moving forward.

THE SCIENCE AND TECH OF SLEEP HACKING - Daniel Gartenberg, Bob Troia
We will discuss the latest science and tech in sleep hacking. This includes the pros and cons of the many devices that are currently on the market, the science of sleep, and new ways to optimize sleep.

DESIGNING APP FOR TRACKERS AND PATIENTS - Alex Kuznets, Todd Yeare
We created an app for providing arthritis alongside engaged patients and healthcare providers. During this breakout we'll talk about what we learned and have an open conversation about the challenges associated with designing for these constituents.

AGGREGATING MULTIPLE DATA SOURCES FOR SELF-KNOWLEDGE - Anne Wright, Randy Sargent
We've been working on aggregating, visualizing, and analyzing data for personal benefit, using multiple self-tracking sources. We'll share our methods, and invite you to comment and ask questions, or share your own.

NEW METHODS AND IDEAS FOR VISUALIZING Q&S DATA - Chloe Fan, Evan Savage
Data visualization trends in Q&S have evolved from showing raw data to unveiling actionable insights. Bring your own data sets and let's explore new ideas.

OFFICE HOURS

PROACTIVE LIFE - Daniel Gartenberg
I work on a variety of tools to track and improve sleep. This includes smartphone sleep trackers, auditory stimulation during sleep, and simple reaction time tests for measuring alertness.

FITBASE - Aaron Coleman
My company helps researchers use Fitbit data to make discoveries in public health and behavioral science. Stop by and I'll show you how.

GENETRAINER - Ralph Pethica
Personalize your training by combining tracked fitness and activity data with genetics.

Session 6 - Friday, 12:00 PM

SHOW&TELL TALKS

SELF-TRACKING AS ARTISTIC PRACTICE - Jackie Smolicki
Since 2009 I've conducted several artistic practices aimed at documenting my presence. From taking one-minute samples of interesting soundscapes to photographing found objects on my walks, I'll share what I've learned from this and other techniques of creating idiosyncratic personal responses to media saturation and data surveillance.

IMPROVING MY BLOOD PRESSURE WITH ANAEROBIC INTERVAL TRAINING - Siva Raj
After six months of regular exercise failed to improve my health, I shifted to anaerobic interval training: higher intensity workouts but half the time. I'll share the effect of this change on my blood pressure.

USING HEART RATE VARIABILITY TO ANALYZE STRESS IN CONVERSATION - Paul LaFontaine
I measured my stress during conversations using off-the-shelf technology. The results were unexpected and, at times, funny, with some lessons about my "fight or flight" response.

MINDFULNESS AND PHYSIOLOGY: LOOKING INSIDE THE BLACK BOX - Thomas Kuczek
We usually judge the effects of meditation by sense impressions or mental affect. What about removing some of the subjectivity? Instrumentation can quantify psychophysiological aspects of the meditative experience.

WEIGHING IN ON ACTIVE TRACKING - Mette Dyhrberg
I share how I used active tracking to provide context for my weight data while losing 50 lbs., and how short-term data and long-term data supported very different insights.

BREAKOUT SESSIONS

THE QUANTIFIED SELF AT WORK - Joost Plattel, Phoebe Moore
More than 13 million wearable fitness tracking devices will be incorporated into employee well-being and wellness programs in the next five years. We will discuss how self-tracking and monitoring are used in working spaces, whether traditional or freelance. What are the advantages and disadvantages of quantifying the self at work?

TRACKING DIET AND EXERCISE: TRUTHS AND MISCONCEPTIONS - Valerie Lanard
The promised benefits of tracking diet and exercise still exceed reality. Devices and apps vary in accuracy, yet do some things incredibly well. How do we bridge the gap between expectation and reality? Let's talk about what is working, what isn't, and how we get from here to there.

PRODUCTIVITY TRACKING AND COMMITMENT CONTRACTS - Bethany Soule, Danny Reeves
There are lots of ideas about how to track our productivity. Bring your experiences and methods to this open discussion of how to use Q&S tools to align intentions and actions.

GAMIFICATION OF SELF-IMPROVEMENT - Mark Moschel
Many people in the community have game-like systems in place to quantify and challenge their growth. Let's have a frank conversation about what works for us and what doesn't.

TRACKING FOR CAREGIVING - Dawn Nafus, Rajiv Mehta
Many of us act caretaker for family members and others. We'll discuss the role of tracking in caregiving, both for caregivers and the people being cared for.

OFFICE HOURS

TABLEAU PUBLIC - Steven Zhang
Tableau Public is a free tool to help you quickly slice and dice, visualize, and publish your Q&S data to the web. Bring your Q&S data to this office hour and we'll see what we can do with it!

"BAGEL" SMART TAPE MEASURE - Soohong Park
We are currently building an innovative smart tape measure called Bagel. Its unique mechanical design allows for easy measurement, with the data sent to a smartphone app for sharing and analysis.

JMP & SAS - Shannon Connors
Please stop by to see interactive visualizations I've created using my workout, food and activity data, and JMP's Graph Builder. I'd love to hear more about your food and fitness graphing projects!

Lunch - Friday, 1:00 PM

IGNITE TALKS

WHY I WEIGHED MY WHISKERS - Jon Cousins
When I was diagnosed with bipolar affective disorder, I noticed that my libido seemed to, er, rise and fall as my mood changed. Could this be due to a variation in testosterone? And might the rate of growth of my beard be one way of measuring this? I borrowed an accurate laboratory scale to find out.

TRACKING BABY MILESTONES: SURPRISING RESULTS OF BRINGING DATA TO PARENTING - Morgan Friedman
I created a service that allows myself and others to track and compare our babies' milestones. Applying Q&S principles to infant care, we are uncovering surprising patterns and that leads us to parent in new ways.

FRICTIONLESS TRACKING WITH BEEMINDER AUTODATA - Danny Reeves
Beeminder is Q&S with commitment contracts. Data-oriented behavior change can be difficult when discipline is required to get the data in. Beeminder helps by automatically creating self-imposed data change through partnerships with Q&S mainstays like RescueTime, Fitbit, Withings, Zapier, and FITPTT.

SOFTWARE FOR SELF-MANAGING YOUR HEALTH - David Korsunsky
I used Q&S and biohacking techniques on my journey to optimal health. I will share my biggest challenges along the way and how these led me to create my own software program to help others achieve their health objectives.

FINDING THE ELUSIVE "FLOW STATE": WHAT I LEARNED FROM MEASURING HRV - Brent Peterson
What does it take to get into a flow state? Looked at whether tracking heart rate variance can help one transition into – and out of – this state of peak mental performance.

USING SPECTROGRAMS TO VISUALIZE HEART RATE VARIABILITY AND MORE - Randy Sargent
A spectrogram is a visual representation of the spectrum of frequencies in a time series signal. I used it to unlock patterns from heartbeats, motion, and more.

YOU HAVE NO IDEA WHAT YOU'RE DOING - Cara Mae Crigiano
I had when my data helped me figure out my basic questions in our lives through the most powerful tool of professional researchers: randomized experimentation. No experience whatsoever required.

MY HOMELESS JAR - LOOKING AT THE DATA - Mark Moschel
Last April, I embarked