Thursday, June 18th Friday, June 19th

Shannon Conners

Gary Wolf

1:00 pm Break – pick up lunch

1:15 pm Lunch and Ignite Talks

10:00 am Break

11:30 am **Break** 

10:30 am **Session 1** 

12:00 pm **Session 2** 

2:30 pm **Session 3** 

4:00 pm **Session 4** 

5:15 pm Plenary Session

Katie McCurdy

Gil Blander

SHOW&TELL TALKS

interventions.

Tan Le

My "Spreadsheet from Hell"

**Frontiers of Tracking Health** 

Session 1 - Thursday, 10:30 AM

WHAT'S MY INDOOR ENVIRONMENT LIKE? - Bob Troia

WHAT IS THE SELF IN QUANTIFIED SELF? - Natasha Dow Schüll

INNOVATION FOR UNDERSERVED COMMUNITIES - Ran Ma

SELF-TRACKING AS ARCHIVING - Jacek Smolicki

archiving practices and techniques.

tools and train new brain habits.

OFFICE HOURS WELLBEE - Jon Cousins

family caregiving.

changing results.

ZENOBASE - Eric Jain

SHOW&TELL TALKS

HOW I MEASURED THIS TALK - Bill Schuller

BREAKING THE TV HABIT - Valerie Lanard

TIME AND INTENTION TRACKING - Allan Johnson

that replaced my viewing habit.

BREAKOUT SESSIONS

help us work on this EU project together.

drawing lines between types of data and uses.

ethically for contemplation over attention?

THE QUANTIFIED SENIOR - Mark Leavitt

OFFICE HOURS

SIREN - Ran Ma

my current focus.

**IGNITE TALKS** 

and biome discoveries.

MyFitnessPal.

fitness level.

clearly.

spectrum. Join our discussion - all ages welcome!

PERSONAL DATA BANK - Arkadiusz Stopczynski

MYMEE - Mette Dyhrberg, Thomas Blomseth Christiansen

Lunch - Thursday, 1:00 PM

personal data in an easy and scalable way.

SANDALBAY LIFE - Neil Malhotra

business combine to help the communities that need innovation the most?

TRACKING THE BRAIN AND BODY - Evian Gordon, William Rekshan

small tailored actions designed to lift their physical and emotional health.

REMZEN - Sarmad Butti, Jeremiah Scott, Hannah Silverman

ATLAS OF CAREGIVING - Dawn Nafus, Rajiv Mehta

Session 2 - Thursday, 12:00 PM

peaceful public speaking and what I've learned from my data along the way.

INTEGRATED CARE AND QUANTIFIED SELF - Christel De Maeyer

roaching and motivational programs, real-time data can have enormous imp

THINKING THROUGH DATA ACCESS AND PRIVACY - Kendra Albert

APPLE'S RESEARCHKIT FOR EVERYBODY - Greg Schwartz

KNOW THY CYCLE, KNOW THYSELF - Tyse Magy

BREAKOUT SESSIONS

THREE YEARS OF LOGGING MY INBOX COUNT - Mark Wilson

USING SELF-TRACKING TO HACK MUSCULOSKELETAL PAIN - Bryan Ausinheiler

DAILY HRV AS A MEASURE OF HEALTH AND WILLPOWER - Mark Leavitt

Inside Your Blood with InsideTracker

Sam De Brouwer, Linda Avey, Jessica Richman,

3:30 pm Break

5:00 pm Break

**Conference Welcome** 

Jay Morgan, Ernesto Ramirez

**Introducing the Joy Is Greater Challenge** 

8:00 am Coffee 8:00 am Registration & Coffee

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

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 controlled (and been controlled by) this stream of angst.

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

Research has associated heart rate variability (HRV) with physical health and psychological resilience, so I built some tools

We spend a lot of effort tracking our activity and health, yet we pay little attention to the environment around us. I tracked

I took the mystery out of the menstrual cycle with the Fertility Awareness Method. By tracking certain metrics daily, I

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?

Many chronic illnesses and conditions can be managed and prevented with the right tools. The technology that can solve many of these problems are not reaching underserved, elderly, and poor communities. How can science, technology AND

We'll share highlights of our three years of experience in teaching N=1 and self-experimentation to allied health care and

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

More than ever, there are online tools for measuring brain performance and instabilities. Let's talk about how to use these

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 QS with everything I know about psychology to create a new kind of book that "nudges" readers to take

The REMzen intelligent sleep mask tracks the user's REM/NREM ratio and overall sleep quality. In addition to "Smartest

The Atlas of Caregiving project is using self-tracking technologies to measure and visualize the activities and burdens of

Alarm" functionality, it also provides the user with sleep optimization coaching through a smartphone app.

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-

I find public speaking very difficult, so I've started tracking my QS show&tell talks. I'll recount my journey to more

Does tracking my intentions affect how I spend my time? I found out with an app for self-reporting.

MINDFUL DEVICES - LIVING NONJUDGMENTALLY IN A CONNECTED WORLD - Chris Dancy

that, combined, track temperature and motion, sending the data to your smartphone.

LIFELOGGING - QUANTITATING ASPECTS FOR HEALTH - Gordon Bell

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

My "quitting television" project took aim at TV triggers. Here's how I quit TV and what my data reveals about the activities

We want to address the need for integrated care that involves the wide range of QS tools and devices. From 3-D avatars to

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 icky? We'll focus on privacy and the specific circumstances in which data might be shared,

What if you could find a way to use your smartphone, wearable sensors, or connected home to live more mindfully? Every day we are sent thousands of alerts, notifications, updates, messages, friend requests, and texts. Can we design systems

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.

People think QS is mainly for the tech-savvy young, but maybe its richest benefits lie at the opposite end of the age

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

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

Since 1998, I've explored the edges of lifelogging, i.e., recording everything in a person's life, with health and wellness as

Sandalbay Life is a tool to build your own QS application in less than an hour, no programming required.

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.

Round three 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

We've been working with researchers, industry, and individuals to try to figure out how to scale the evolving role of

People have many things to help them be healthy: wearables, health apps, wireless scales, etc. However, motivation and support can be lacking. I share what I've learned from building digital health coaching programs at Sessions and

I conducted a heart rate variability-based analysis of the effect of macronutrient ratios on the autonomic nervous system,

April Zero is my website for collecting and visualizing my QS data. It was so popular with others that I created Gyroscope,

Geospatial is more than dots on a map. The powerful geospatial tools of business and government can be used by

In the course of building a script that periodically asked me whether I was being intentional in what I was doing, I

I am building tools to construct a timeline of my daily activities and explore my habits through data visualization.

I helped build Data Sense, a tool for helping non-technical users understand their data through visualization.

CONCUSSIONS, HEADACHES, AND THE WHOLE30 ELIMINATION DIET - Steven Zhang

Google Hangouts conversations with my future husband show when I fell for him?

HOW MY LIFE AUTOMATION SYSTEM QUANTIFIES MY LIFE - Tahl Milburn

DRINK TO LIVE LONGER: TRACKING ALCOHOL CONSUMPTION - Gien Lubbert

THE ULTIMATE WEARABLE DEVICE: YOUR CAR SEAT - James Hotary

BETTER LIVING THROUGH PASSIVE INTERVENTIONS - Steven Dean

QSXX AND WOMEN-SPECIFIC QS CONVERSATIONS - Amelia Greenhall, Maggie Delano

API BEST PRACTICES FOR QUANTIFIED SELF TOOLMAKERS - Eric Blue, Anne Wright, Eric Jain

how health research can best be served by an ecosystem of open source software and commercial vendors.

session will review what we in the QS community have learned so far and talk about current issues.

DayProfiler is a mobile app that lets you profile your day and track your intentions.

HOW MUCH DOES IT COST ME TO CHOOSE ORGANIC/LOCAL FOOD? - Cara Mae Cirignano

EXTREME PRODUCTIVITY: MANIAC WEEK AND OTHER PRODUCTIVITY HACKS - Bethany Soule

When I had a serious bike accident, the same genetics-based methods that I use to train athletes helped me recover my

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 through ETL scripts and Tableau visualizations, I was able to see the results of my diet quite

I explore whether I can excavate data artifacts from the past and correlate them with known life events. Can an analysis of

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.

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.

I'm tracking my alcohol consumption and exploring how it affects my physical performance, weight, body fat, pH levels,

Faurecia, 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 motorists' physical and mental status. Be the first to experience a demo of this seat

Given 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

We will discuss how to facilitate better sharing of QS data among patients and doctors for better medical decision making. What challenges do patients and doctors currently face when patients share their QS data with their doctor? What can lead

Women-centered QS meetups in SF, Boston, and NYC have created space for important conversations. Nicknamed "QSXX" (though not all women have two X chromosomes), this breakout session is specifically for people who identify as a

Good API design and implementation can be difficult, as is the task of finding and making use of existing APIs. This

Alea 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 aligning the incentives of parents, providers, payers, and communities, Alea hopes to change the status quo and help children.

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.

To find out how much it costs for 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

IS FAT HEALTHY FOR ME? BENEFITS AND COURSE CORRECTIONS DURING A YEAR OF KETOSIS - James

Burning fats instead of carbohydrates for energy can have advantages 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

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.

I conducted a sleep tracking experiment using an Actiwatch, Galaxy Gear, and a Hexoskin shirt. From it, I learned more

I picked up a parasite while traveling in Ecuador, and repairing my gut afterward has involved gathering quite a bit of

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

Athletes spend 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

Cycles, lovers, positions, kinks, symptoms, stats, safety: 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

This is an open session for people who are tracking pain or recovering from an injury, and the toolmakers and caregivers

Join the evolving discussion between doctors and patients about how self-tracking can fit into medical care and vice versa.

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

DataDog is an app for stress and anxiety. It measures stress using heart rate, heart rate variability, accelerometry, and

The key to improving healthcare is a network of engaged, informed designers. We created Prescribe Design to merge the

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 QS data, I no longer relied on my gut feeling to reduce my gut.

I've got lots of data: weight, activity, sleep, and health. I find as I keep reviewing it and visualizing it in different ways,

My wife and I have tracked our microbiomes 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 microbiomes to see what changes occurred.

Autoimmune issues threatened to disable me before age 30, but after getting a step tracker to help with weight loss, I made

I tracked my weight, activity, heart rate variability, blood tests, and genetic data during the last year, looking at the effect of

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 will discuss the latest science and tech in sleep hacking. This includes the pros and cons of the many devices that are

We created an app for tracking 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

We've been working on aggregating, visualizing, and analyzing data for personal benefit, using multiple self-tracking

Data visualization trends in QS have evolved from showing raw data to unveiling actionable insights. Bring your own data

I work on a variety of tools to track and improve sleep. This includes smartphone sleep trackers, auditory stimulation

My company helps researchers use Fitbit data to make discoveries in public health and behavioral science. Stop by and I'll

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

After six months of regular exercise failed to improve my health, I shifted to anaerobic interval training: higher intensity

I measured my stress during conversations using off-the-shelf technology. The results were unexpected and, at times,

We usually judge the effects of meditation by sense impressions or mental affect. What about removing some of the

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

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

There are lots of ideas about how to track our productivity. Bring your experiences and methods to this open discussion of

Many people in the community have game-like systems in place to quantify and challenge their growth. Let's have a frank

Tableau Public is a free tool to help you quickly slice and dice, visualize, and publish your QS data to the web. Bring your

We are currently building an innovative smart tape measure called Bagel. Its unique mechanical design allows for easy

Please stop by to see interactive visualizations I've created using my workout, food and activity data, and JMP's Graph

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

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 QS principles to

Beeminder is QS with commitment contracts. Data-oriented behavior change can be difficult when discipline is required to get the data in. Beeminder helps by automatically collecting your data through partnerships with QS mainstays like

I used QS and biohacking techniques on my journey to optimal health. I will share my biggest challenges along the way

What does it take to get into a flow state? I looked at whether tracking heart rate variance can help one transition into -

A spectrogram is a visual representation of the spectrum of frequencies in a time series signal. I used it to unlock patterns

I built Whatify, a tool that helps people answer basic questions in our lives through the most powerful tool of professional

Last April, I embarked on a nomadic, wandering, homeless journey. I tracked the places I stayed, the money I spent, and

I developed INR Journal to help myself and others follow and track their oral anticoagulant therapy, including dosage and

I will present a historical overview that places self-tracking data within the context of tools that augment human aesthetics.

As part of my transition to vegetarianism, I found that taking photos of my food was useful. I'll share my findings from over one year of food journaling with photos, how it facilitated the process, and the obstacles I found in manual tracking.

Sleeplessness and the pressures of birth and postpartum life drove me to to collect information and quickly discard methods that appeared wasteful. Looking back, did the kinds of information I collected tell me more than the data itself?

I gathered data on blood glucose, urine ketones, and blood ketones while on a low-protein, low-carbohydrate diet with

I've been tracking my latitude and longitude every hour since 1999. I'll talk about how 17 years of location tracking informs

I share how I've used stress quantification to temper the travails of my own life, as well as help both national athletes and

Many Quantified Self projects take the "Self" as the point of departure, while fewer consider how the self might influence others. In this session, we will discuss the social relevance of self-monitoring by examining the relationship between the

Parkinson's disease is a complex chronic progressive disorder of the nervous system that affects millions. Let's talk about how proactive PwPs (people with Parkinson's) are managing symptoms and sustaining productive lives with QS tools and

Current technologies offer people the ability to track multiple aspects of their health and cognitive performance, but what does all this data mean? We'll discuss some new data analysis methods and the challenges to creating meaningful insights.

Today it's possible to get data on the microbes that live in our gut using personal genomics. Let's talk about understanding

No one really thinks about how they'd concussion-track until they have a concussion, at which point it's suddenly really

Your apps and devices are constantly generating data about you. Sherbit puts it all together so you can easily understand

Whatify super-simplifies randomized experimentation so you can identify the best way to optimize productivity, health,

Revvo is a smart exercise bike. Unlike apps and wearables that track activity (steps, calories, distance, etc.), Revvo actually

Beeminder is Quantified Self plus commitment contracts. It graphs your progress on a Yellow Brick Road to your goal and

I wanted to see how Ketonix Sport, a new device for tracking ketone bodies by breath compared to the painful and expensive (but established) method of measuring ketones in the blood. I gathered a wide range of data while doing a seven

BUILDING MYSELF BACK UP: TRACKING AND HABIT FORMATION POST-CONCUSSION - Maggie Delano I was diagnosed with post-concussion syndrome last September and had to give my brain a break from cognitively

I used an email-based mood tracking service for several months. I never utilized the data in any way until I noticed

I have been tracking my beer consumption since 2009 and will present some of the interesting patterns that have emerged

Join this discussion of what is entailed in creating a record, or chronicle, of a life. Much more than a diary, this record will

Many parents track their newborns. I have learned some interesting things about my son by using an app to compare my

We're hosting a new challenge to generate ideas and breakthroughs in tracking and supporting pain management. Let's

The experience of time is fundamental to being human. What impact does the Quantified Self have on our experience of

The experimental nature of self-tracking means that failures are inevitable. We will discuss challenges in self-tracking,

INR Journal allows you to easily manage your oral anticoagulant therapy with dosage and test result tracking, on your

Heads Up Health helps consumers combine medical, wearable, and self-collected data with personalized analytics and

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mobile device or tablet. Use it to get insight into your therapy or the therapy of someone you help care for.

records with those of other parents. Let's talk about how data-sharing communities can change parenting.

JOY IS GREATER - IDEAS AND BREAKTHROUGHS IN DEALING WITH PAIN - Ernesto Ramirez

TIME, UNCERTAINTY AND THE QUANTIFIED SELF - Briana van Strijp, Steve Cratchley

TRACKING ANTICOAGULATION THERAPY WITH INR JOURNAL - Robert Rothfarb

Goalmap is a digital coach that helps people set, track, and reach all their life goals.

Quantified Self Labs is dedicated to a harassment-free event experience for everyone.

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 Peters

USING SPECTROGRAMS TO VISUALIZE HEART RATE VARIABILITY AND MORE - Randy Sargent

Many of us are caretakers for family members and others. We'll discuss the role of tracking in caregiving, both for

I share how I used active tracking to provide context for my weight data while losing 50 lbs., and how short-term data and

We'll discuss the problems inherent to privacy policies today and how we can overcome them moving forward.

AGGREGATING MULTIPLE DATA SOURCES FOR SELF-KNOWLEDGE - Anne Wright, Randy Sargent

sources. We'll share our methods, and invite you to comment, ask questions, or share your own.

NEW METHODS AND IDEAS FOR VISUALIZING QS DATA - Chloe Fan, Evan Savage

Personalize your training by combining tracked fitness and activity data with genetics.

techniques of creating idiosyncratic personal responses to media saturation and data surveillance.

USING HEART RATE VARIABILITY TO ANALYZE STRESS IN CONVERSATION - Paul LaFontaine

IMPROVING MY BLOOD PRESSURE WITH ANAEROBIC INTERVAL TRAINING - Siva Raj

MINDFULNESS AND PHYSIOLOGY: LOOKING INSIDE THE BLACK BOX - Thomas Kuczek

subjectivity? Instrumentation can quantify psychophysiological aspects of the meditative experience.

traditional or freelance. What are the advantages and disadvantages of quantifying the self at work?

PRODUCTIVITY TRACKING AND COMMITMENT CONTRACTS - Bethany Soule, Danny Reeves

TRACKING DIET AND EXERCISE: TRUTHS AND MISCONCEPTIONS - Valerie Lanard

workouts but half the time. I'll share the effect of this change on my blood pressure.

some accidental discoveries that prevented further autoimmune setbacks and cured my chronic bronchitis.

WHAT HAPPENS TO PRIVACY WHEN THE INTERNET IS IN EVERYTHING? - Alexander Senemar

In this breakout we'll discuss our ongoing exploration, supported by the Robert Wood Johnson Foundation, to understand

personal data in human health. I'll talk about our recent dive into this work and what we've been learning.

comparing the Bulletproof Diet, the JB Personalized Diet and the SAD (standard American diet).

INDUSTRIAL-STRENGTH GEOSPATIAL FOR PERSONAL KNOWLEDGE - Nicholas Furness

Mymee is a platform for data-driven coaching, with a focus on sustainable behavior changes.

WHAT'S MUSCLE QUALITY AND HOW DO YOU MEASURE IT? - Jose Bohorquez

FIGHTING PARKINSON'S DISEASE WITH DATA: ROUND THREE - Kevin Krejci

COLLABORATING WITH THE QUANTIFIED SELF - Ian Eslick

THE DIGITAL HEALTH COACH - Glennis Coursey

IS YOUR NERVOUS SYSTEM HUNGRY? - Jo Beth Dow

FROM APRIL ZERO TO GYROSCOPE - Anand Sharma

individuals to bring great analytical power to QS projects.

MAKING SENSE OF DATA - Evan Savage

SHOW&TELL TALKS

DREAMING NUMBERS - Damien Catani

and most importantly, my sleep.

to successful data sharing?

OFFICE HOURS

ALEA DIAGNOSTICS - Linda Craib

**DAYPROFILER** - Allan Johnson

SHOW&TELL TALKS

extrapolated over a year surprised me.

about my sleep and also improved it!

**BREAKOUT SESSIONS** 

experiments described in The Habit Graph.

DATA NOT DOPING - Tom Taylor, Sky Christopherson

SEX, SEXUAL HEALTH & QUANTIFIED SELF - Thyse Magy

challenges.

interesting data.

to use data instead.

who want to help.

open to all gender identities.

OFFICE HOURS

**DATADOG** - Elizabeth Russell

PRESCRIBE DESIGN - Aaron Sklar

SHOW&TELL TALKS

OPEN HUMANS - Beau Gunderson, Jason Bobe

Session 5 - Friday, 10:30 AM

woman to talk about QS experiences.

QUANTIFIED SELF AT SCALE - Ian Eslick

**EXPLORING TOMORROW - Ryan O'Donnell** 

Session 4 - Thursday, 4:00 PM

TRACKING AND IMPROVING MY SLEEP - Daniel Gartenberg

MAPPING PERSONAL HABITS USING NETWORK THEORY - Tiago Forte

WHAT WORKS IN TRACKING INJURY, PAIN, AND RECOVERY? - Bryan Ausinheiler

QUANT-FRIENDLY DOCTORS AND DOCTOR-FRIENDLY QUANTS - Paul Abramson

personal history. It notifies you at times of high stress and promotes engagement in therapy.

conversations in design with those in health, bringing design natives and healthcare natives together.

yourself and choose to donate some of your data to a shared public resource!

A SMART SCALE FOR A HEALTHY WEIGHT LOSS - Akhsar Kharebov

always looking for patterns, that there are still things to be learned.

SEX-TRACKING THE MICROBIOME - François-Joseph Lapointe

PUTTING MY BLOOD METRICS IN CONTEXT - Gil Blander

BREAKOUT SESSIONS

sets and let's explore new ideas.

PROACTIVE LIFE - Daniel Gartenberg

OFFICE HOURS

FITABASE - Aaron Coleman

**GENETRAINER - Raiph Pethica** 

SHOW&TELL TALKS

Session 6 - Friday, 12:00 PM

SELF-TRACKING AS ARTISTIC PRACTICE - Jacek Smolicki

funny, with some lessons about my "fight or flight" response.

WEIGHING IN ON ACTIVE TRACKING - Mette Dyhrberg

THE QUANTIFIED SELF AT WORK - Joost Plattel, Phoebe Moore

long-term data supply very different insights.

**BREAKOUT SESSIONS** 

isn't, and how we get from here to there.

caregivers and the people being cared for.

OFFICE HOURS

TABLEAU PUBLIC - Steven Zhang

JMP & SAS - Shannon Conners

**IGNITE TALKS** 

Lunch - Friday, 1:00 PM

WHY I WEIGHED MY WHISKERS - Jon Cousins

RescueTime, Fitbit, Withings, Zapier, and IFTTT.

and out of - this state of peak mental performance.

from heartbeats, motion, and more.

the pets whose territory I invaded.

testing, on their mobile devices.

SHOW&TELL TALKS

MY KETOGENIC DIET - Benjamin Best

WHEN ANXIETY KNOCKS - Juliana Chua

BREAKOUT SESSIONS

SHARING YOUR QUANTIFIED SELF - Kjeld Hansen

QS FOR PARKINSON'S DISEASE - Kevin Krejci

**UNDERSTANDING COGNITION - Daniel Sternberg** 

TRACKING CONCUSSIONS - Whitney Erin Boesel

HACKING OUR MICROBIOME - Alexandra Carmichael, Richard Sprague

and analyze your information, keeping the integrated data firmly under your own control.

athletic performance, etc. Learn how Whatify makes it easy to hack your life like a statistician.

tracks your fitness – and helps you train smart – so you see guick results.

day full fast, then a seven day fat-only fast, followed by my normal ketogenic diet.

stimulating activities. I'll discuss how I tracked my progress toward recovery.

include the behaviors, events, and experiences of an individual across time.

RELIVING MY LIFE WITH MOOD TRACKING - Kouris Kalligas

something that triggered me to look back and search for patterns.

Quantified Self and the "other," for example on social media.

regular working people.

and hacking our microbiome.

hard to think. Let's discuss.

OFFICE HOURS

SHERBIT - Alexander Senemar

WHATIFY - Cara Mae Cirignano

if you go off track, it charges you!

SHOW&TELL TALKS **BLOOD VS. BREATH - Robert Ness** 

LOGGING MY BEER - Clair Samuel

BREAKOUT SESSIONS

THE RECORDING OF A LIFE - Tahl Milburn

TRACKING BABIES! - Morgan Friedman

talk about our pain journeys and the tools we wish we had.

time and our perception of uncertainty and risk?

OFFICE HOURS

GOALMAP - Damien Catani

insights.

**HEADS UP HEALTH - David Korsunsky** 

QUANTIFIED SELF DISASTERS - Jakob Eg Larsen

experiences that took unanticipated directions, and the lessons learned.

over the years.

BEEMINDER - Bethany Soule, Danny Reeves

Session 8 - Friday, 4:00 PM

**REVVO - Siva Raj** 

how to use QS tools to align intentions and actions.

GAMIFICATION OF SELF-IMPROVEMENT - Mark Moschel

conversation about what works for us and what doesn't.

TRACKING FOR CAREGIVING - Dawn Nafus, Rajiv Mehta

data to this office hour and we'll see what we can do with it!

measurement, with the data sent to a smartphone app for sharing and analysis.

Builder. I'd love to hear more about your food and fitness graphing projects!

measuring this? I borrowed an accurate laboratory scale to find out.

infant care, we are uncovering surprising patterns and that lead us to parent in new ways.

FRICTIONLESS TRACKING WITH BEEMINDER AUTODATA - Danny Reeves

SOFTWARE FOR SELF-MANAGING YOUR HEALTH - David Korsunsky

YOU HAVE NO IDEA WHAT YOU'RE DOING - Cara Mae Cirignano

MY HOMELESS YEAR: LOOKING AT THE DATA - Mark Moschel

GOALMAP: ALL YOUR LIFE GOALS IN ONE PLACE - Damien Catani

ACCURATE HEART RATE FROM A STYLISH RING - Petteri Lahtela

Session 7 - Friday, 2:30 PM

researchers: randomized experimentation. No experience whatsoever required.

TRACKING ORAL ANTICOAGULATION THERAPY WITH INR JOURNAL - Robert Rothfarb

Goalmap is a tool I built that helps me and others set, track, and reach all their life goals.

AUGMENTING HUMAN AESTHETICS WITH SELF-TRACKING DATA - James Pricer

Oura brings QS to the finger with insights into activity, recovery, sleep, and chronobiology.

HOW FOOD-TRACKING SUPPORTED BECOMING A VEGETARIAN - Jakob Eg Larsen

intermittent fasting, and looked at the effects of exercise and time between meals.

DATASCAPES: 17 YEARS OF LOCATION TRACKING - Stephen Cartwright

my work creating three-dimensional data visualization sculptures.

IN PRAISE OF BAD DATA COLLECTION DURING EARLY FATHERHOOD - Thomas Richardson

"BAGEL" SMART TAPE MEASURE - Soohong Park

show you how.

28 YEARS OF TRACKING: BUT WHAT HAVE I LEARNED? - Nan Shellabarger

SELF-TRACKING FOR AUTOIMMUNE MASTERY - Jacqueline Wheelwright

nutrition and exercise on physiomarkers, biomarkers, and my performance.

THE SCIENCE AND TECH OF SLEEP HACKING - Daniel Gartenberg, Bob Troia

currently on the market, the science of sleep, and new ways to optimize sleep.

DESIGNING FOR PROVIDERS AND PATIENTS - Alex Bangs, Todd Yeck

during sleep, and simple reaction time tests for measuring alertness.

REPAIRING MY GUT AFTER TRAVEL - Mark Moschel

**BREAKOUT SESSIONS** 

and help us devise new uses for "quantified" drivers.

produce cascading effects without burdening the individual.

SHARING DATA WITH YOUR DOCTOR - Eun Kyoung Choe

I share what we are learning from microbiome data.

Session 3 - Thursday, 2:30 PM

CAN'T YOU SEE I WAS FALLING IN LOVE? - Shelly Jang

discovered the challenge of tracking (and defining) intentionality.

USING GENETICS TO COME BACK FROM INJURY - Raiph Pethica

A QUEST FOR HIGH-FIDELITY ACTIVITY TRACKING - Jamie Williams

CITIZEN SCIENCE MEETS THE MICROBIOME - Jessica Richman

which allows people to create similar websites for themselves.

Zenobase is a dashboard and API for aggregating and analyzing your own QS and IoT data.

and a daily habit for measuring it. Looking at trends, does HRV correlate with my health and willpower?

the air quality and electromagnetic radiation in my home, and will share what I've learned so far.

know why my body is doing what and can conduct my sexual and emotional activity accordingly.

TEACHING QUANTIFIED SELF METHODS TO HEALTH PRACTITIONERS - Martijn de Groot

nursing students. We'd love to hear what kind of QS teaching you are doing and ideas you have on the topic.

9:00 am Plenary Session 9:00 am Plenary Session

**Learning About Biases and Gaps in My** Quantifying with Kids **Self-Collected Data** Victor Lee

**Introducing Compass** 

Dawn Nafus, Anne Wright

**Beyond Normal: A Conversation** 

Chris Dancy

1:00 pm Break - pick up lunch

1:15 pm Lunch and Ignite Talks

5:15 pm Closing Plenary Session

Richard Sprague

Alberto Frigo

Gary Wolf

Gary Wolf

Fish Oil Makes Me Smarter

Conference Close and Thank You

The Art of Self-Tracking

**QS15 Expo Preview** 

Break

10:30 am **Session 5** 

12:00 pm **Session 6** 

2:30 pm **Session** 7

4:00 pm **Session 8** 

3:30 pm Break

5:00 pm Break

11:30 am **Break** 

10:00 am