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

As part of my transition to vegetarianism, I found that taking photos of my food was useful. I'll share my findings from randomized experimentation. No experience whatsoever required.

What does it take to get into a flow state? I looked at whether tracking heart rate variance can help one transition into — get the data in. Beeminder helps by automatically collecting your data through partnerships with QS mainstays like.

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 sets and let's explore new ideas.

The innumerable life-changing opportunities to our daily lives brought on by connected cars, interactive fridges, and devices that can monitor our every action.

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

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

When I had a serious bike accident, the same genetics-based methods that I use to train athletes helped me recover my personal history. It's fascinating to see these same methods being applied in our daily lives.

I discovered the challenge of tracking (and defining) intentionality. It's a complex task, but one that we need to take seriously.

Is your nervous system hungry? I tracked my sleep, diet, and headaches through mostly manual means. I started an elimination diet using a protocol that worked for me.

I took the mystery out of the menstrual cycle with the Fertility Awareness Method. By tracking certain metrics daily, I could better understand my body and make informed decisions.

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.

What becomes of the self, and self-reflection, with these automated forms of tracking? Round three in the proverbial boxing ring between myself and Mr. Parkinson, with updates on my progress tracking.

But others make you feel icky? We'll focus on privacy and the specific circumstances in which data might be shared, how to maintain control over our data, and what to do when.

Exploring Tomorrow focuses on teaching students how to quantify their daily interactions and goals through the use of algorithms, and real-time nudges. What becomes of the self, and self-reflection, with these automated forms of tracking?