SETTING GOALS AND HOLDING MYSELF TO ACCOUNT
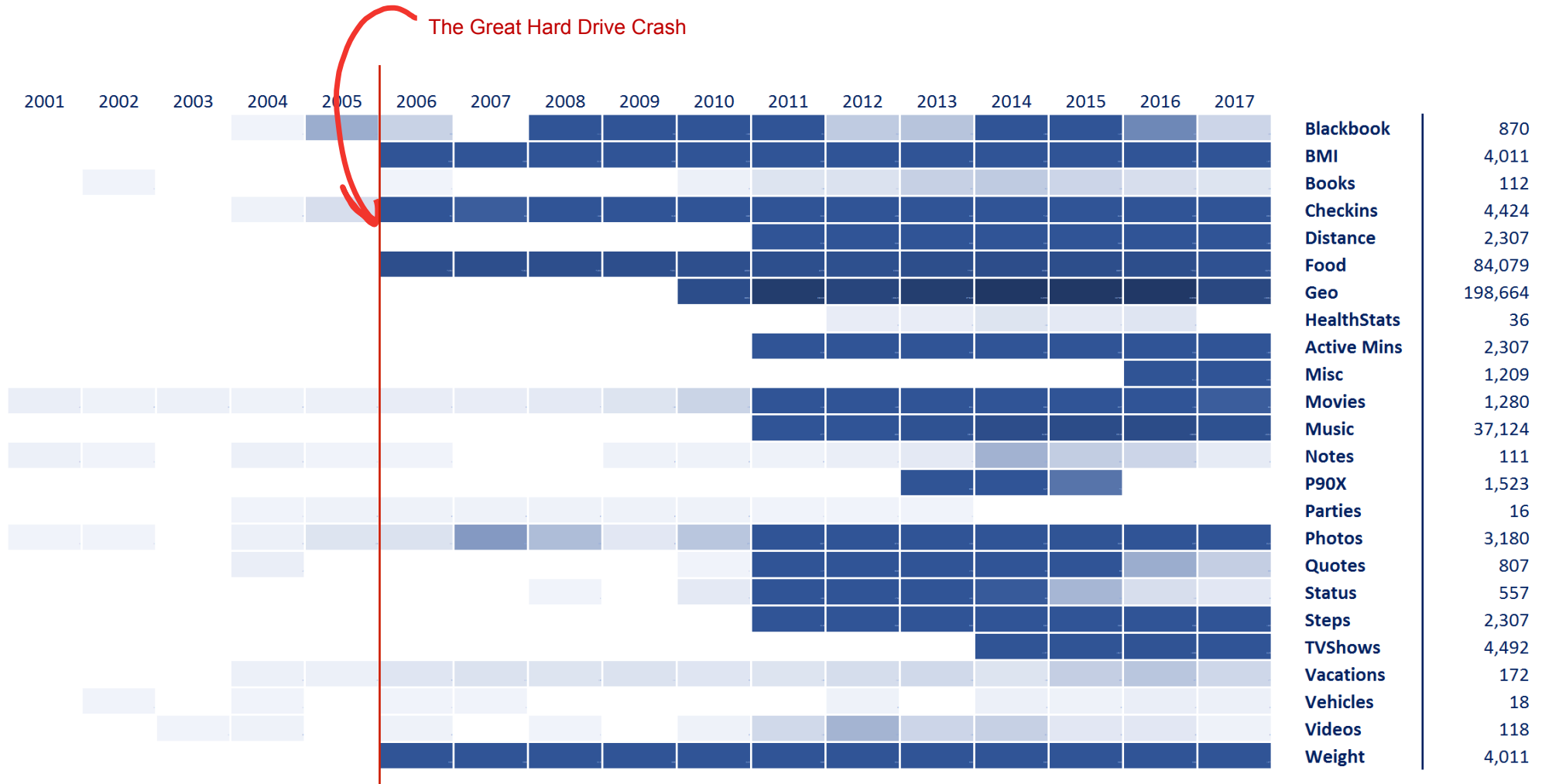
Quantified Self 2017
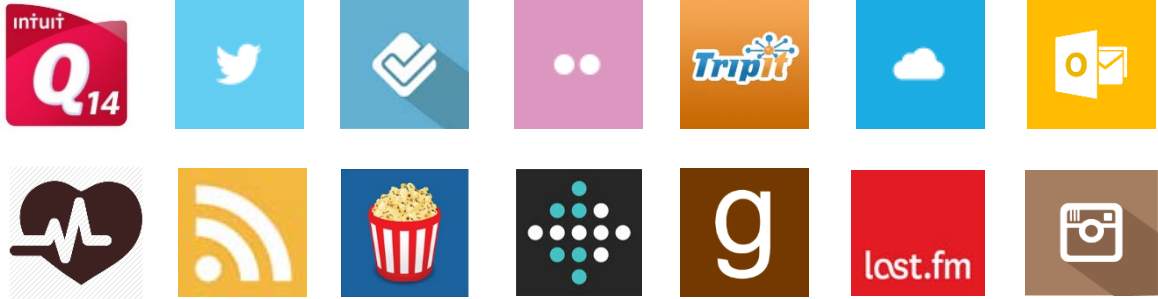
June 2017

lee@leerogers.com
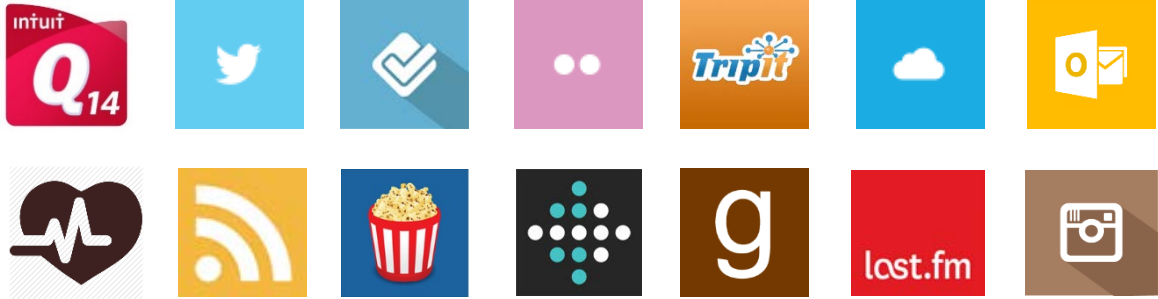
Data collections

The Great Hard Drive Crash

	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017		
Blackbook																		870
BMI																		4,011
Books																		112
Checkins																		4,424
Distance																		2,307
Food																		84,079
Geo																		198,664
HealthStats																		36
Active Mins																		2,307
Misc																		1,209
Movies																		1,280
Music																		37,124
Notes																		111
P90X																		1,523
Parties																		16
Photos																		3,180
Quotes																		807
Status																		557
Steps																		2,307
TVShows																		4,492
Vacations																		172
Vehicles																		18
Videos																		118
Weight																		4,011

lee@leerogers.com

Aggregation of data

Aggregation of data

Rich data sources

Pull down data

My local database server

lee@leerogers.com

Database Of Events

Listened to 'Black Keys - My Next Girl' 2014-07-20 15:57:18.000

Posted 'Happy Father's Day Pops. We miss you.' 2014-07-20 11:19:47.000

Pic of 'Parade #348. Falun Dafa is good'. 2014-07-20 11:19:47.000

Watched The Zero Theorem, 3 stars, 2014-07-18 21:55:00.000

Checked in @ Press Club #new 2014-07-18 18:01:07.000

Listened to 'Ray Charles, Georgia', 2014-07-20 15:57:18.000

Posted 'Is it just me or does this ENTIRE city smell like pot all the time?' 2014-07-20 11:19:47.000

Trip, Scouting Trip in Los Angeles, CA 2014-07-11 21:22:46.000

Walked 10,685 steps, 4.7 miles 2014-07-11 21:22:46.000

Finished reading 'The Silence of the Lambs by Thomas Harris', 2014-07-11 21:22:46.000

Geek Details – Getting to the data

Crap Scale ™

Preferred Method

- Homeseer Home Automation

- VBScript scripts run periodically

- Queries APIs, RSS, or IFTTT web posts

- Write results to Microsoft SQL

Geek Details – Getting to the data

Crap Scale ™

Preferred Method

- Homeseer Home Automation

- VBScript scripts run periodically

- Queries APIs, RSS, or IFTTT web posts

- Write results to Microsoft SQL

Next Best Method

- Homeseer Home Automation

- VBScript scripts run periodically

- Screen scrapes web pages

- Parse results for data

- Write results to Microsoft SQL

lee@leerogers.com

Geek Details – Getting to the data

Crap Scale ™

Preferred Method

- Homeseer Home Automation
- VBScript scripts run periodically
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Next Best Method

- Homeseer Home Automation
- VBScript scripts run periodically
- Screen scrapes web pages
- Parse results for data
- Write results to Microsoft SQL

Not Optimal Method

- Tasker script
- Scrapes app for data
- Parse results for data
- Tasker posts web svc
- Write results to Microsoft SQL

Geek Details – Getting to the data

Crap Scale ™

Preferred Method

- Homeseer Home Automation
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Not Optimal Method

- Tasker script
- Scrapes app for data
- Parse results for data
- Tasker posts web svc
- Write results to Microsoft SQL

Manual Method

- Manual entry
- Web forms to input
- or Streamline by using voice
- Google Assistant to IFTTT to web svc
- Writes results to Microsoft SQL

Not to be defined by my quantified self alone

"What Goes On The Tombstone"

Drive to **qualitative**

IN LOVING MEMORY OF

@kurtmarkoneill

1999-2064

———

672 Twitter Followers
1,673 Clubcard Points
60,590,000 Calories Consumed
92% Positive eBay Feedback
184 Tinder Matches
76,928 km Jogged

———

REST IN PEACE

Life Goals – A Mission Statement

Be healthy and fit

Be well rounded and wise

Be zen and live in the moment

Be helpful and a good friend

Life Goals To Real Objectives

#health	**#wise**	**#zen**	**#friend**
• Drink more water • Drink less soda • Eat more fruits and vegetables • Eat less • Walk more • Exercise more • Improve healthstats • Drink less alcohol • Get to target body weight	• Travel more • Watch the best movies • Watch the best television • Read the best books • Discover new music • Listen to great podcasts • Live new experiences • Experience more venues	• Meditate • Live in the moment • Be financially responsible • Get things done • Automate bullshit • Save more money • Reduce possessions	• Build a strong social circle • Stay in touch • Share experiences • Be helpful

OBJECTIVES

Life Goals To Real Objectives

OBJECTIVES

#health
- Drink more water
- Drink less soda
- Eat more fruits and vegetables
- Eat less
- Walk more
- Exercise more
- Improve healthstats
- Drink less alcohol
- Get to target body weight

#wise
- Travel more
- Watch the best movies
- Watch the best television
- Read the best books
- Discover new music
- Listen to great podcasts
- Live new experiences
- Experience more venues

#zen
- Meditate
- Live in the moment
- Be financially responsible
- Get things done
- Automate bullshit
- Save more money
- Reduce possessions

#friend
- Build a strong social circle
- Stay in touch
- Share experiences
- Be helpful

SOURCE

#health
- **Custom food tracker**
- **Activity tracker**
- **Manual entries**
- **Fitbit scale**

#wise
- **TripIt**
- **Flixster**
- **PLEX**
- **Goodreads**
- **Last.FM**
- **Foursquare**
- **Tasker**

#zen
- **Quicken**
- **Office365**
- **Headspace**

#friend
- **Tasker**
- **IFTTT**
- **Foursquare**
- **Manual entries**

Dashboard – Daily Driver

Dashboard

lee@leerogers.com
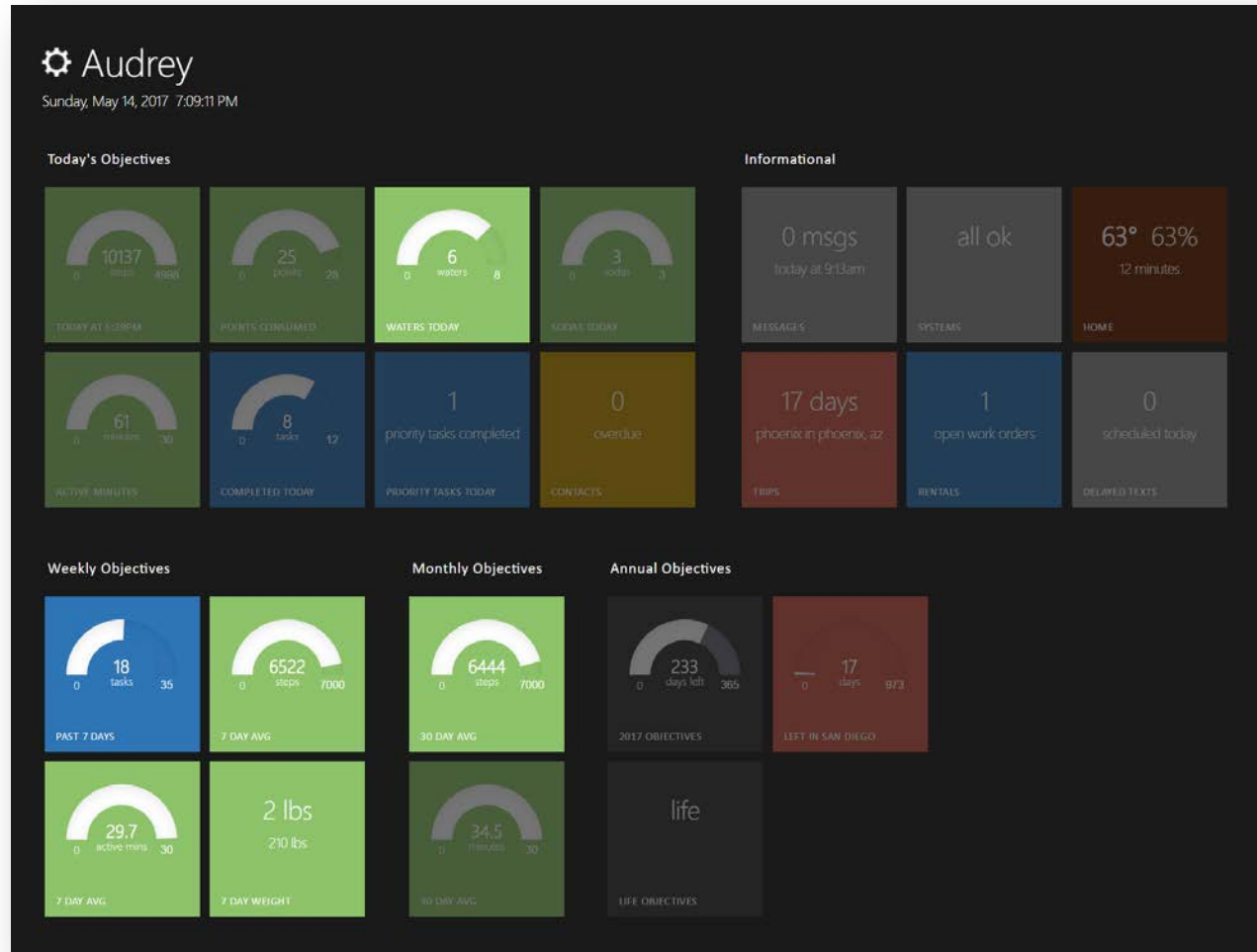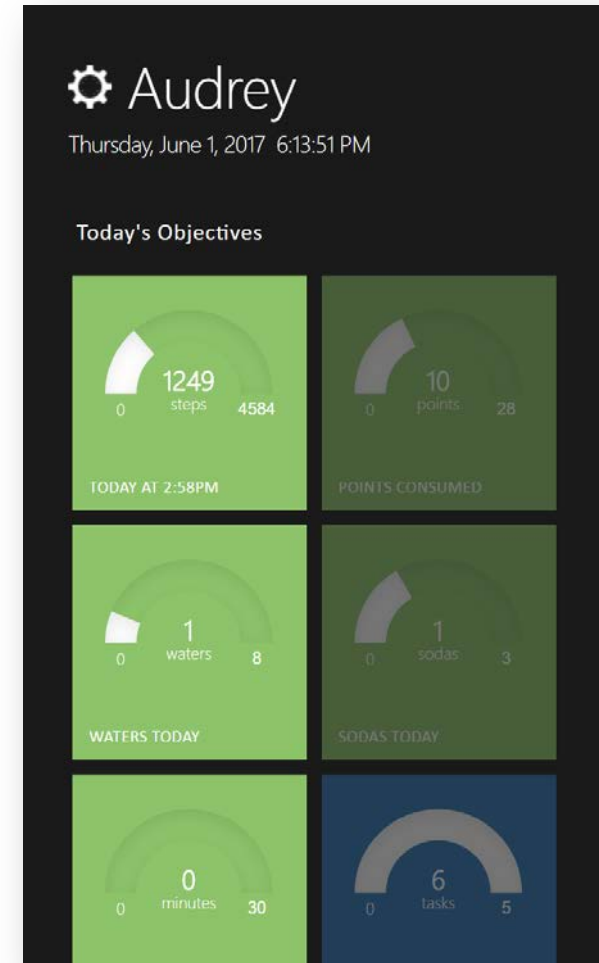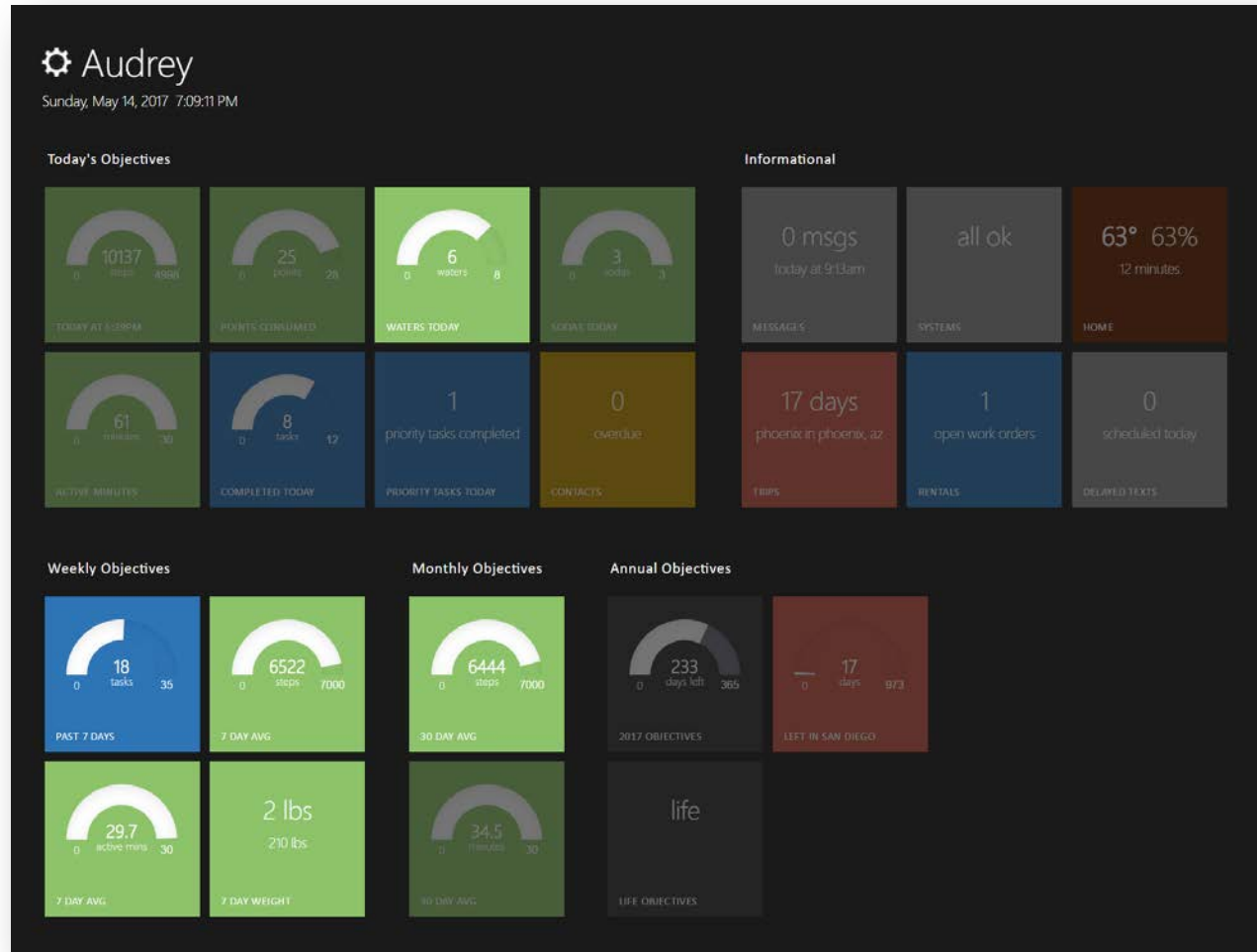
Annual Dashboard
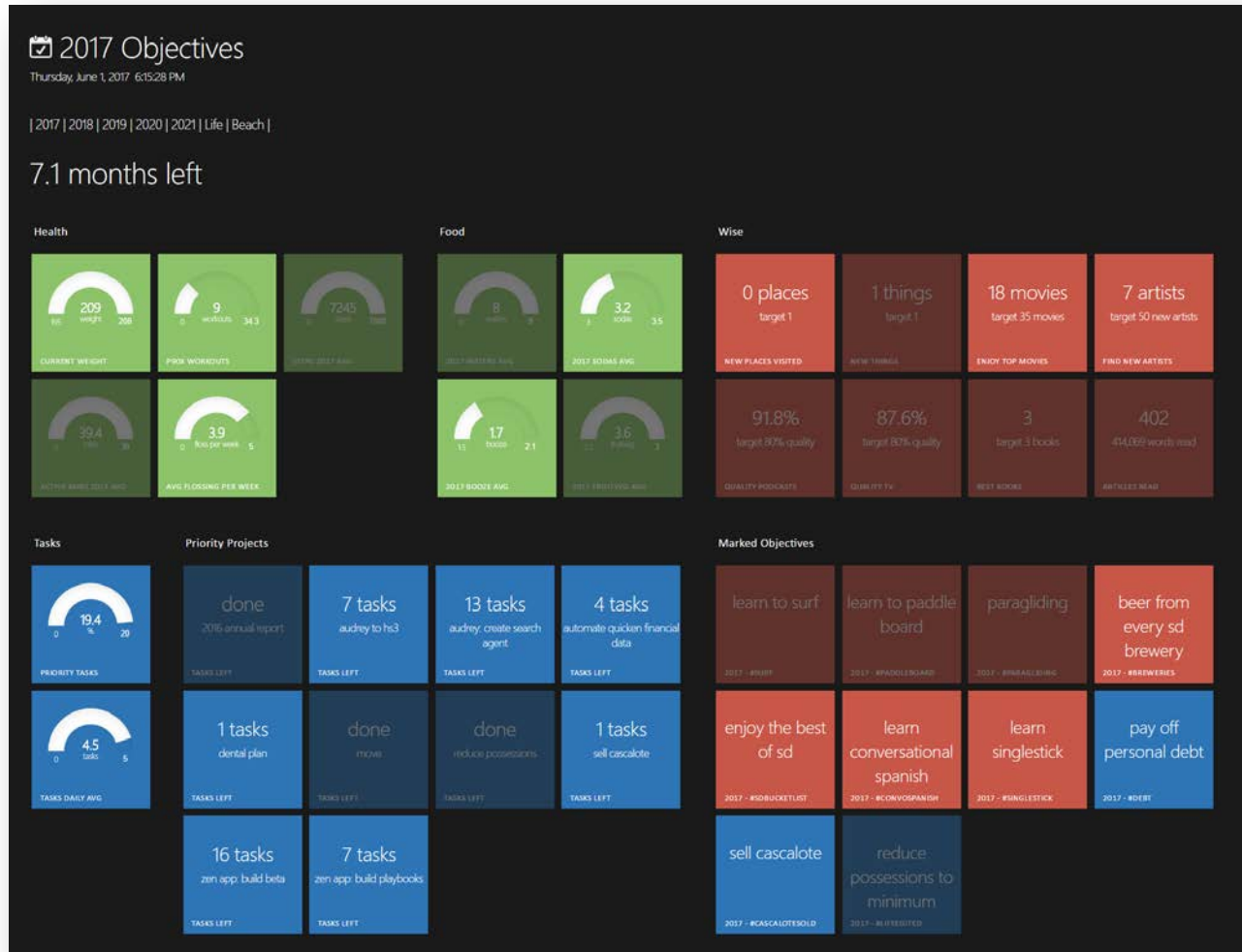
lee@leerogers.com

Drill-down Dashboards
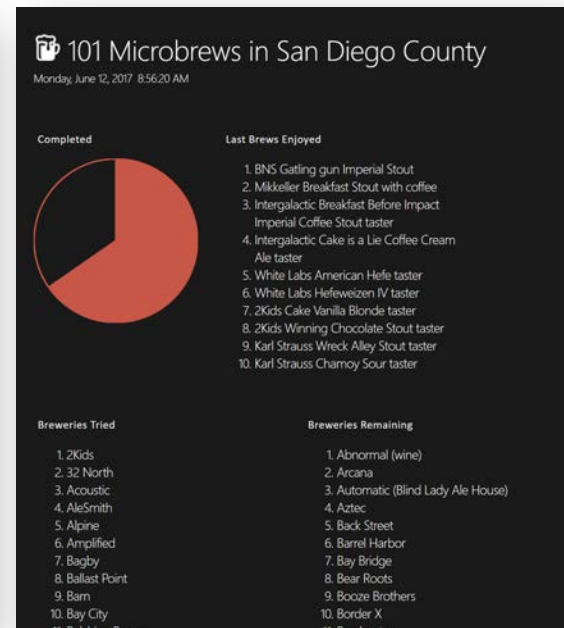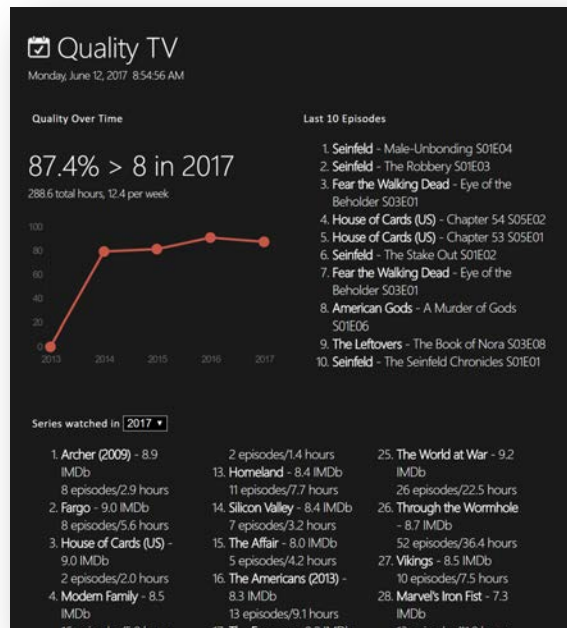
Geek Details

- IIS web server
- Classic ASP web
- Custom CSS
- Microsoft SQL
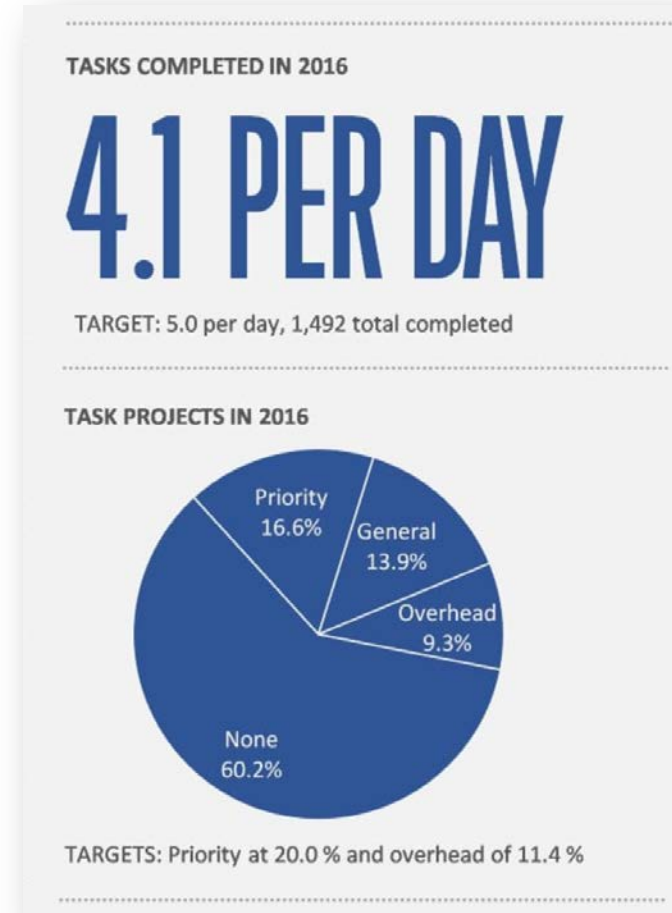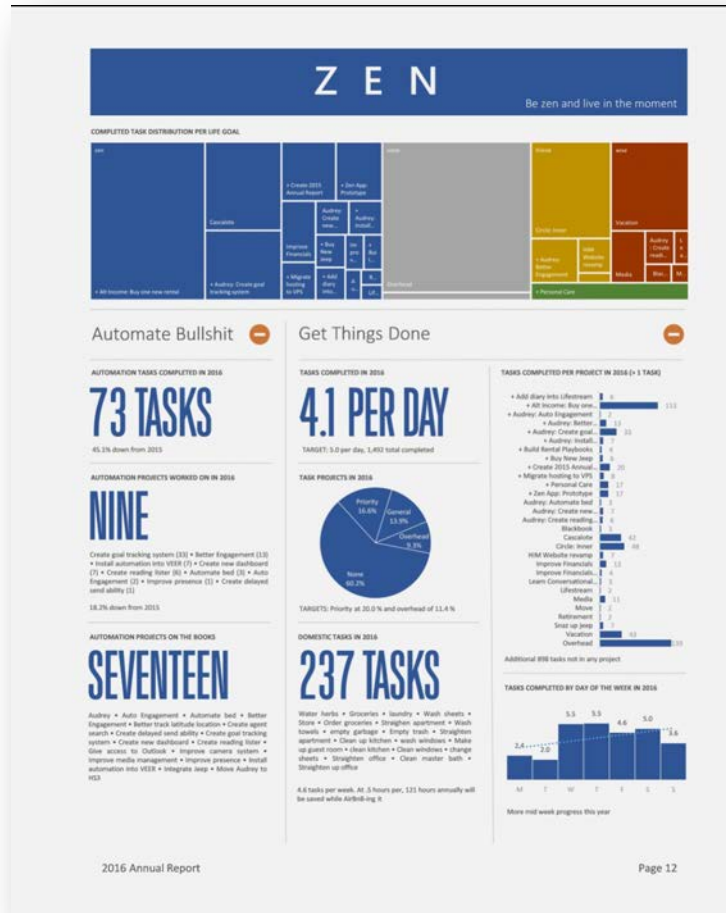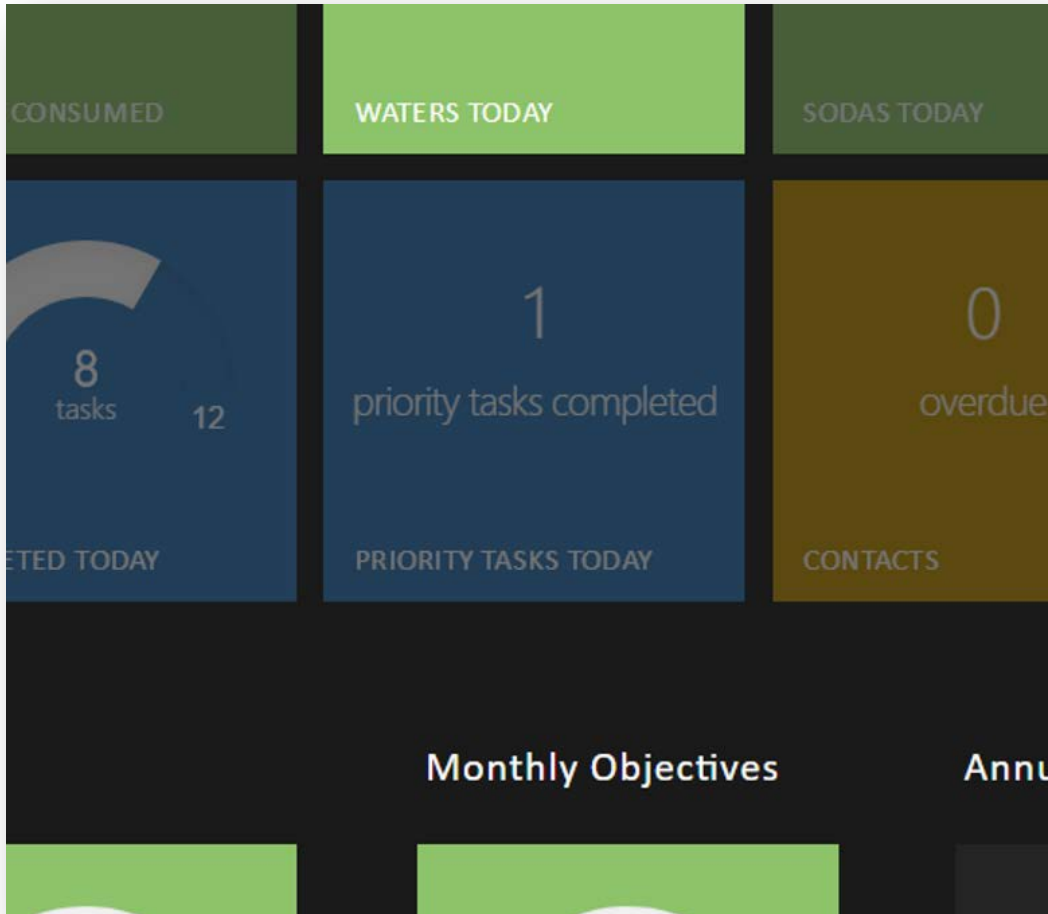- chart.js and justgauge.js

lee@leerogers.com

Annual Reports
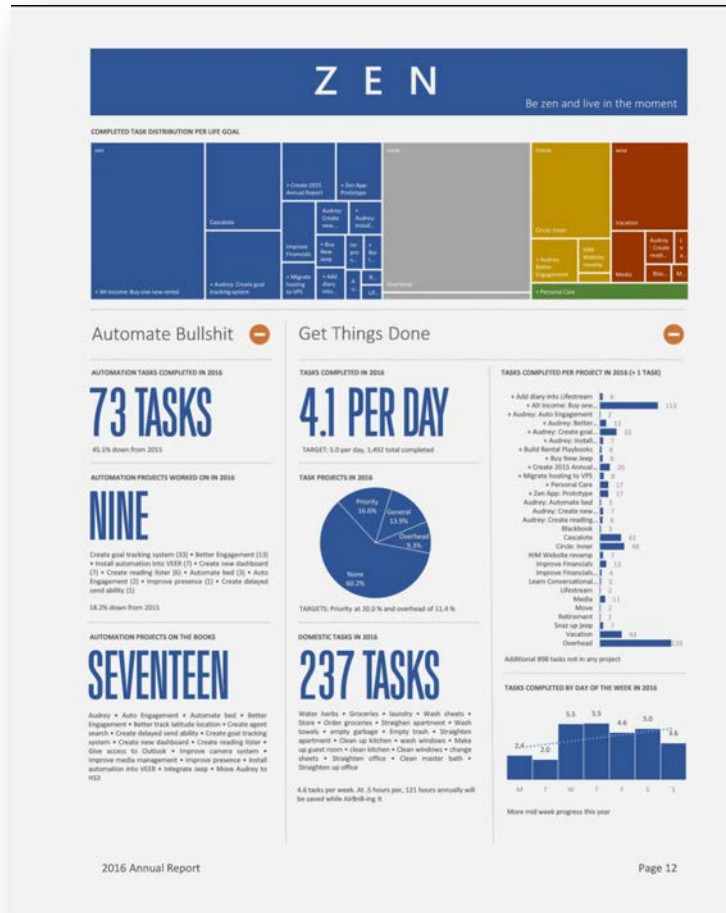
http://feltron.com

Annual Reports

What I learned - Getting things done

#zen

—

- Meditate
- Live in the moment
- Be financially responsible
- Get things done
- Automate bullshit
- Save more money
- Reduce possessions

What I learned - Getting things done

Action - Getting things done

Geek Details

- Use categories in Outlook for projects

- Mark priority projects with +

- Script runs periodically

- Downloads all tasks from Office365 using API into local database

- Query as needed

lee@leerogers.com

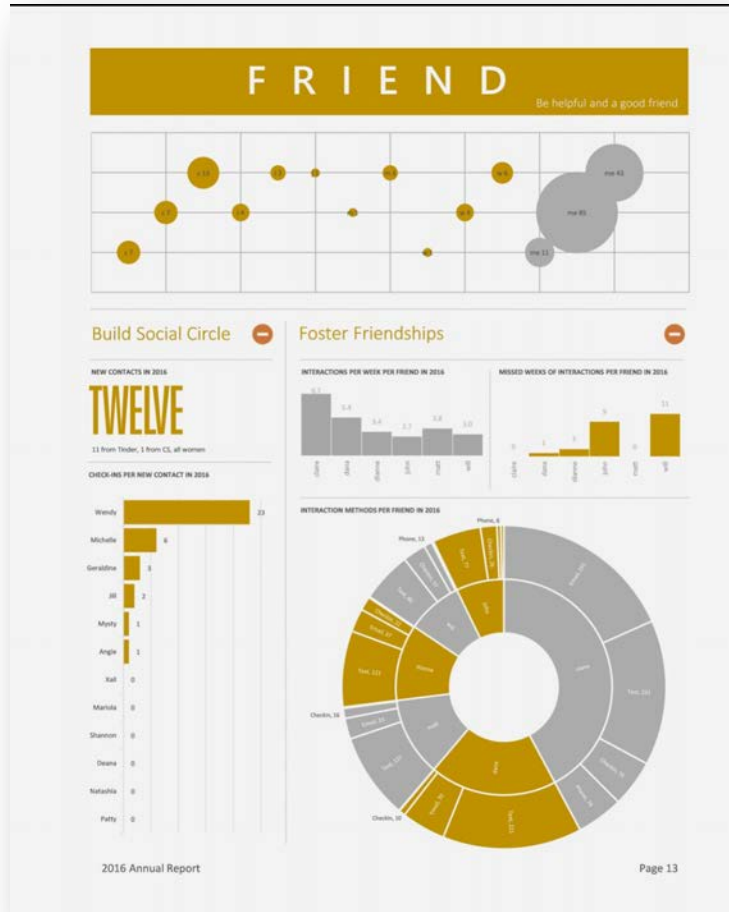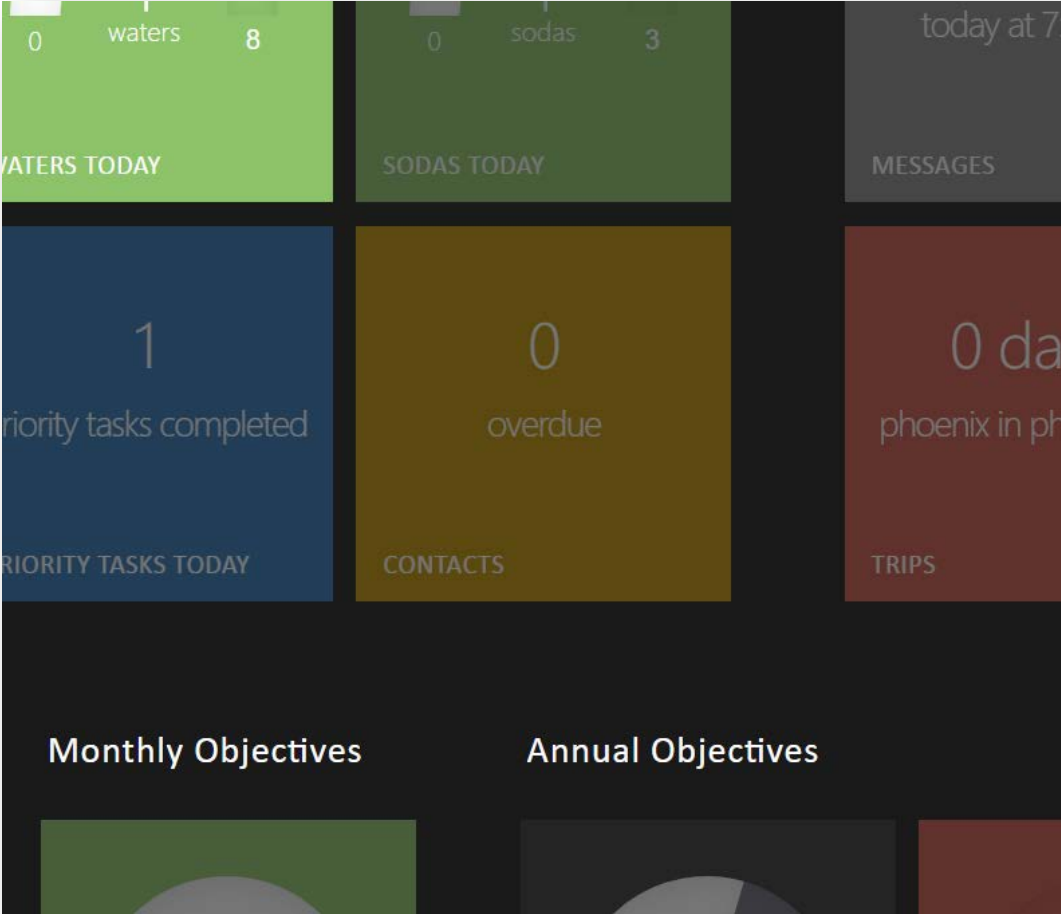# Results- Getting things done
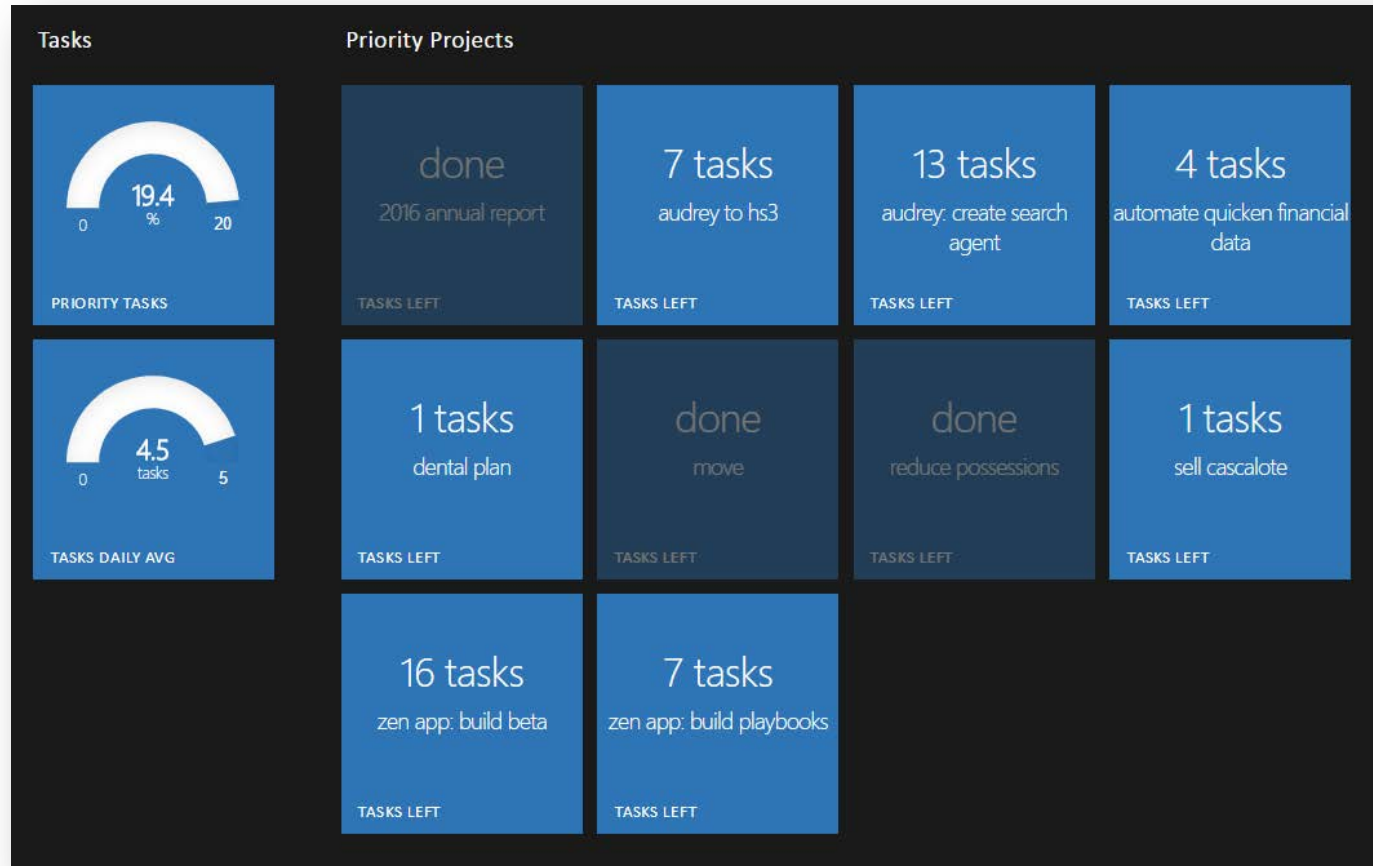
What I learned - Stay in Touch

#friend

–
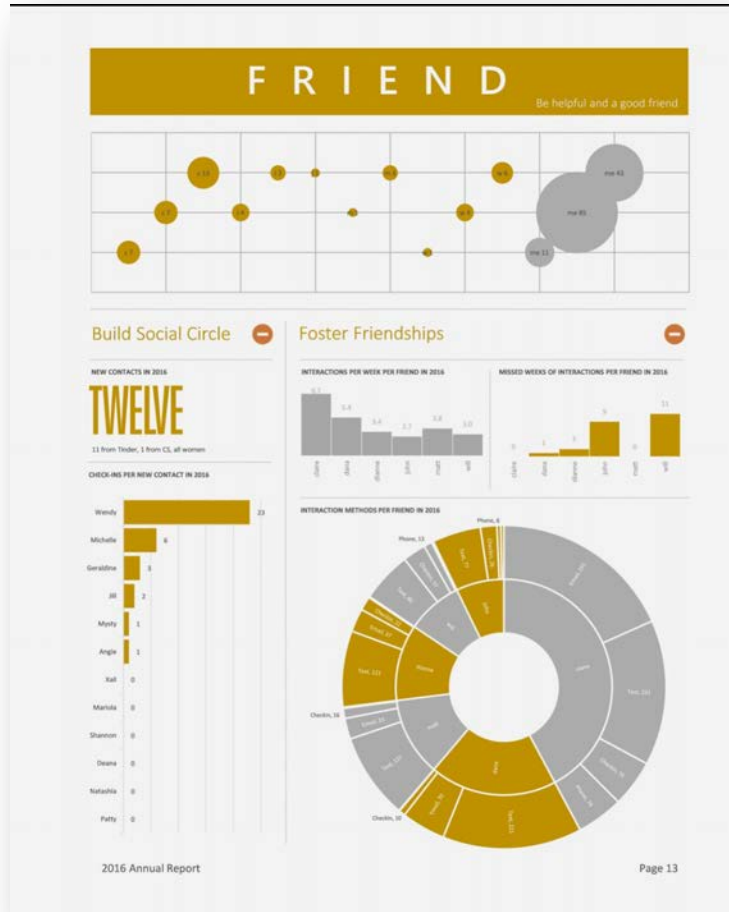
- Build a strong social circle
- Share experiences
- Stay in touch
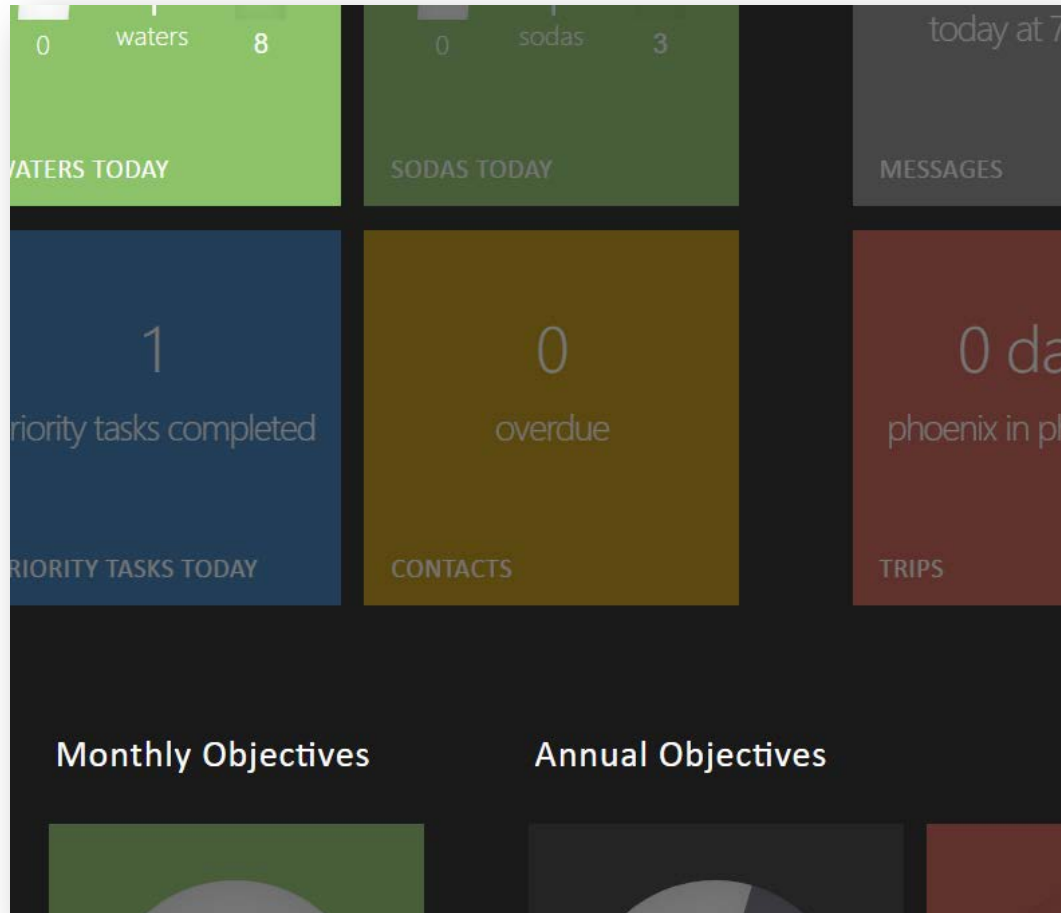- Be helpful

lee@leerogers.com

What I learned - Stay in Touch
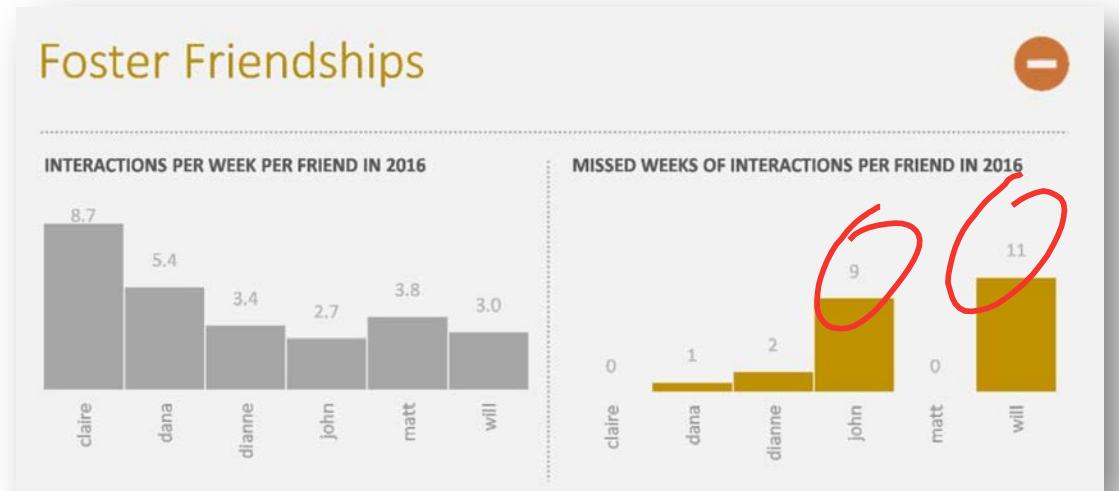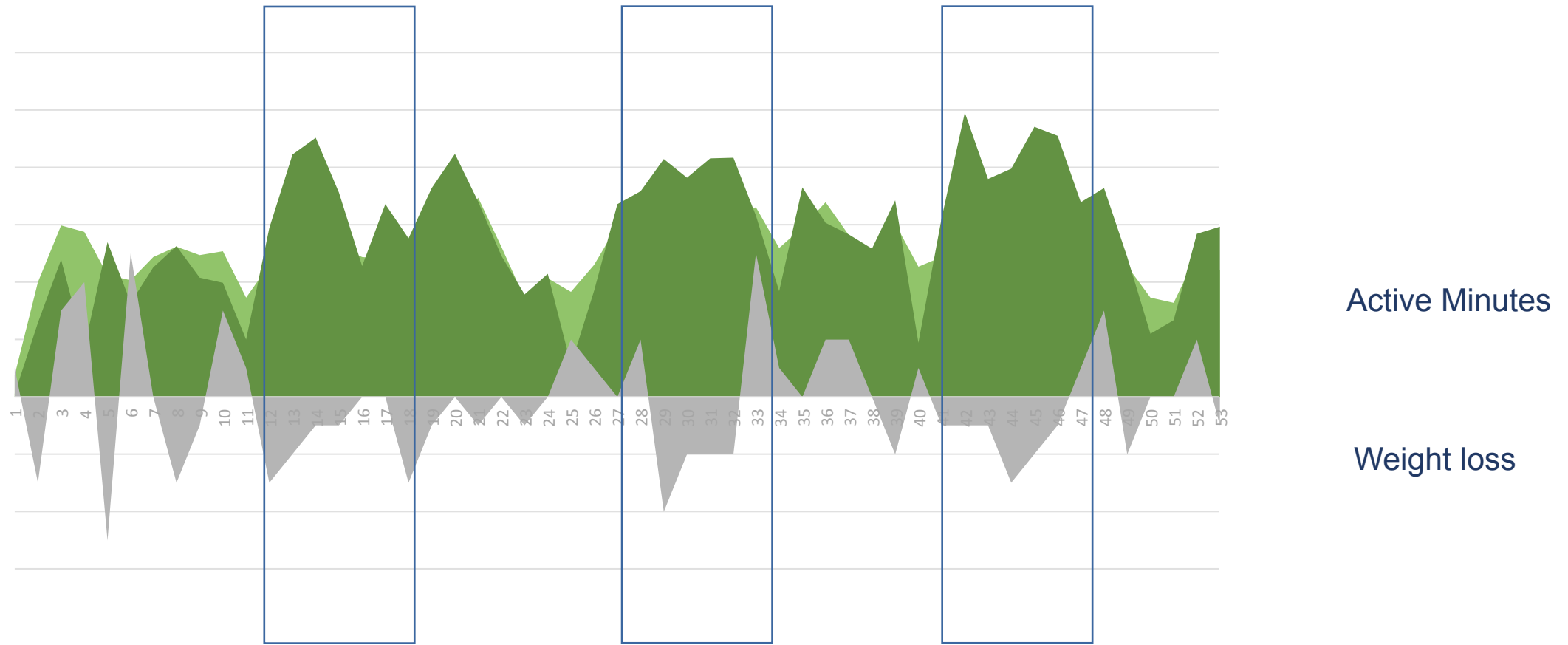
Action - Stay in Touch
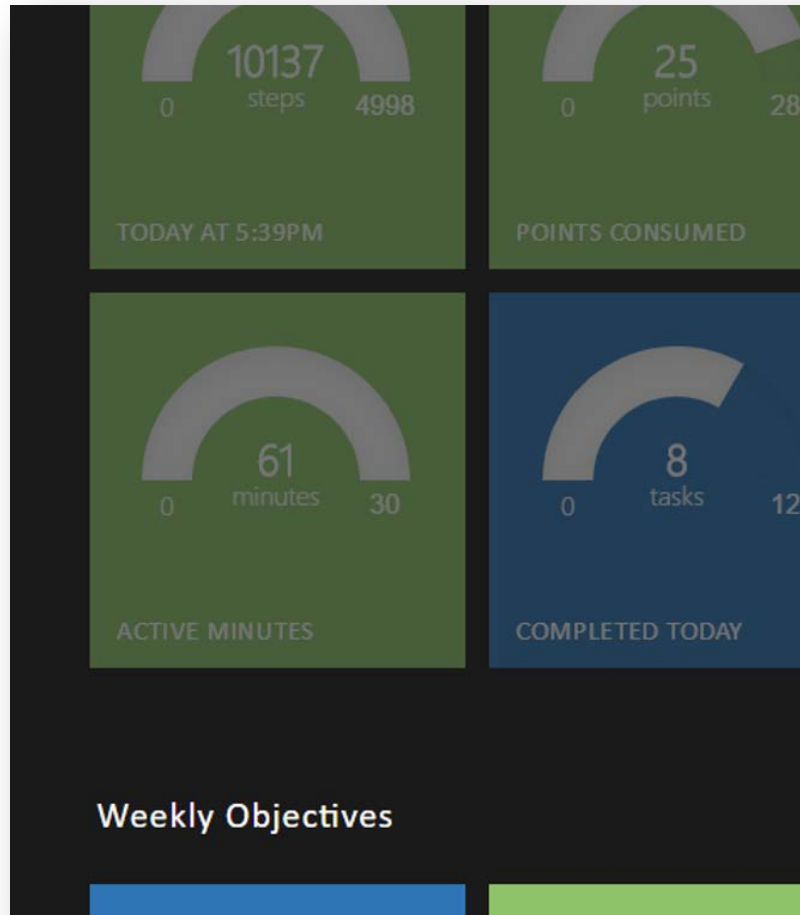
Action - Stay in Touch

Geek Details

- Set threshold of days for each contact in Outlook

- Each incoming text, email or checkin is recorded to database via Tasker and web svc

- Query as needed

lee@leerogers.com

What I learned - Steps

Active Minutes

Weight loss

lee@**leerogers**.com

What I learned - Steps

Geek Details

- Script runs periodically to pull data from Fitbit

- Query as needed

- Send reminders through Tasker to prompt on phone that I am behind in steps

Run Your Life Like A Boss

"Having a manufactured mission in life keeps me off meds." – @leerogers

web

lee@leerogers.com

twitter