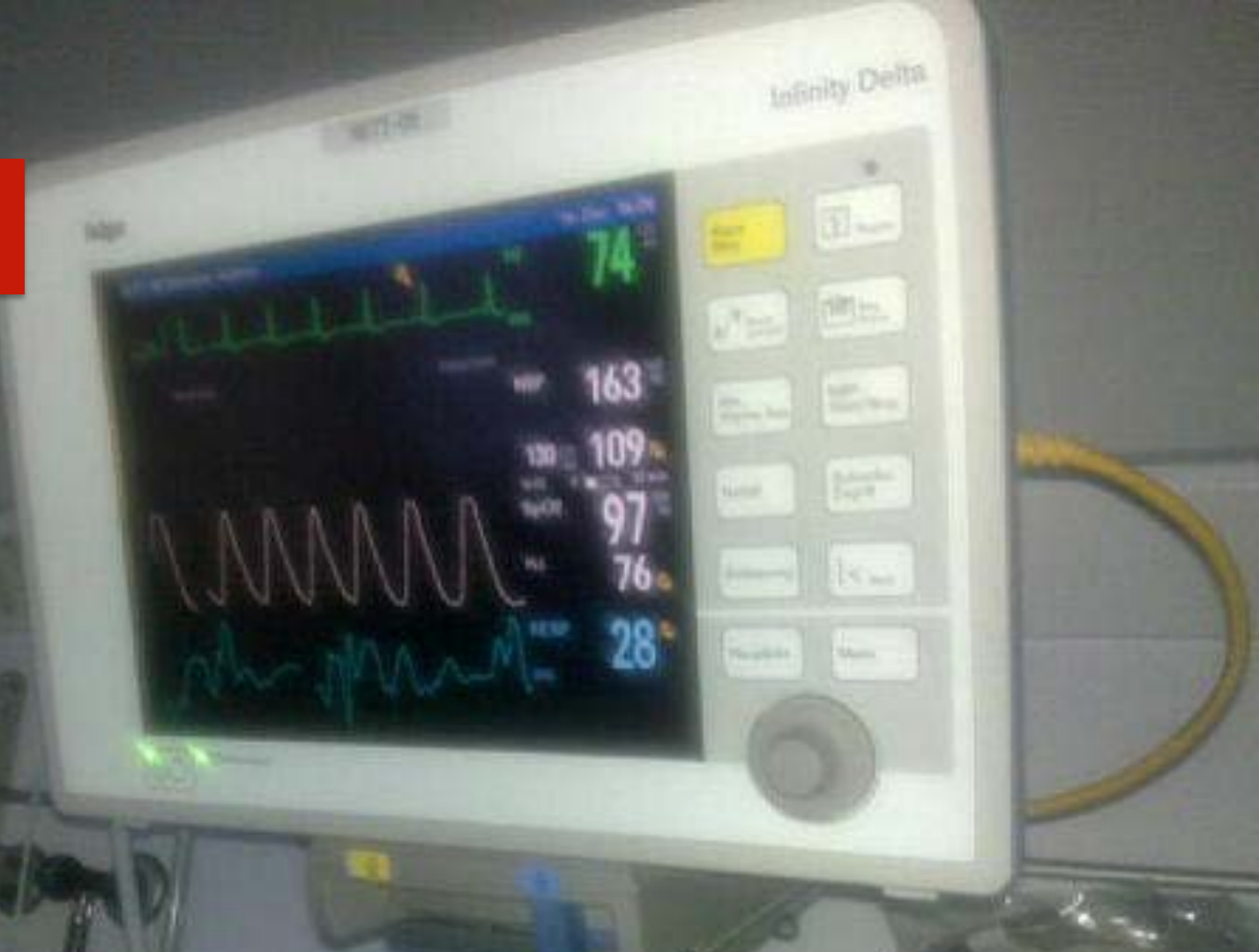


Tracking after Stroke: Doctors, Dogs and All The Rest

Andreas Schreiber

Stroke 2009



Rehab



Coffee / Tea

Locations

Mood /
Mindfulness

Blood
Pressure

Weight

Activities

Steps

Sleep





Sleep / Weight / Steps



Widgets

Köln, DL

18°

FEELS LIKE: 18°

20° | 16°

50%

MON 14

21° | 12°

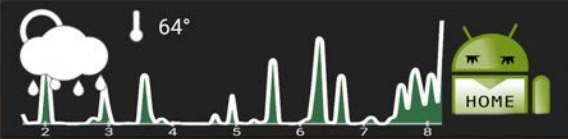
70%

TUE 15

19° | 13°

50%

SEP 13 4:08 pm



13/09/2015

115/78 mmHg

+



SEPTEMBER

480.39 €

+



Widgets

Diario

+

+



Fitbit_DE @vitalwerte_as Tolle Leistung!

#showdownfit

4:08 PM · 31 Aug 15 in reply to vitalwerte_as

Twitter icon

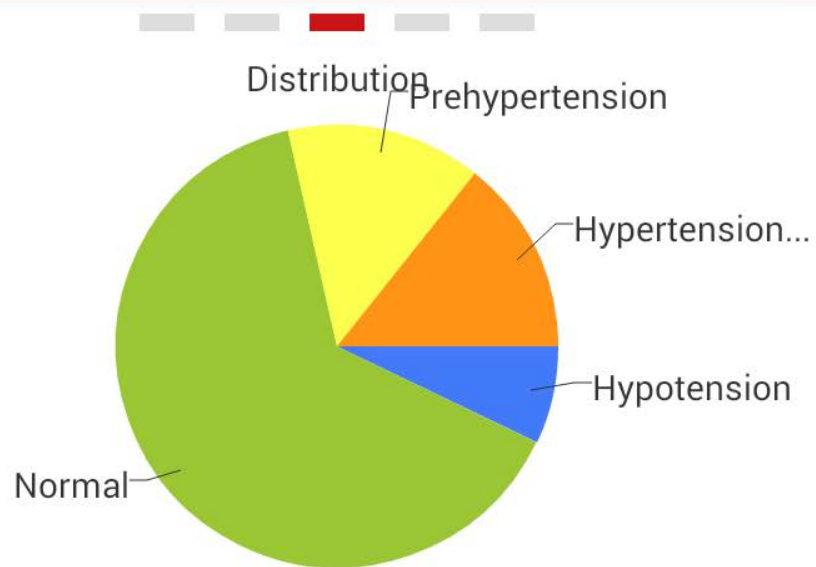
Smartphone Apps

- Moves
- Dash
- BloodPressureCompanion
- Fitbit
- Diario
- WeightCompanion
- Microsoft Health
- Nomie
- Tap Log

Blood Pressure

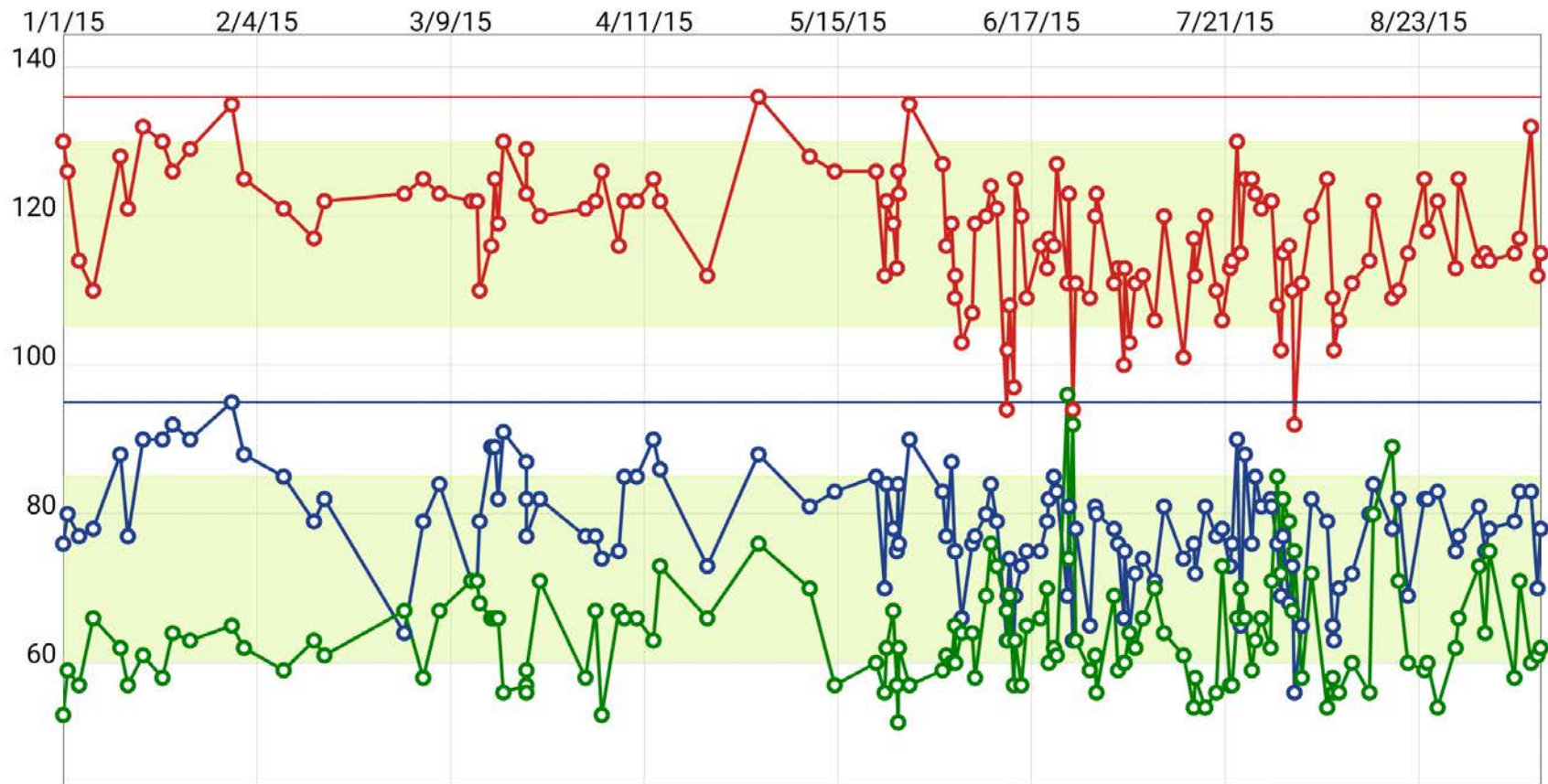


Measurement's analysis



	Count	Distribution
Hypotension	1	7.14 %
Normal	9	64.29 %
Prehypertension	2	14.29 %
Hypertension Stage 1	2	14.29 %

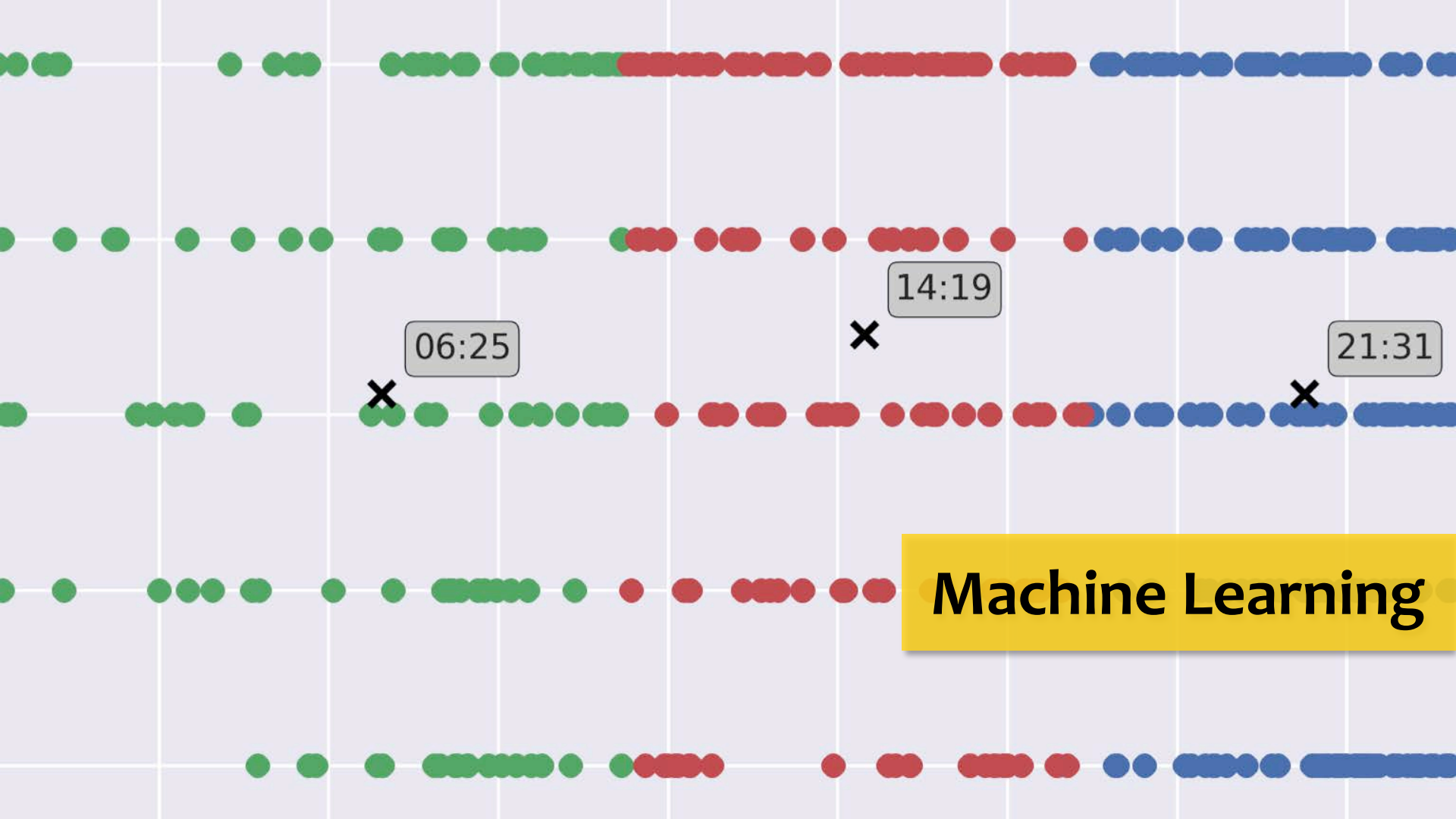
Blood Pressure, Pulse



— Systolic — Diastolic — Pulse



Discussing Data with Doctor



06:25

14:19

21:31

Machine Learning

Gewicht

Immer ▾

Drucken

Herunterladen ✕

Weight

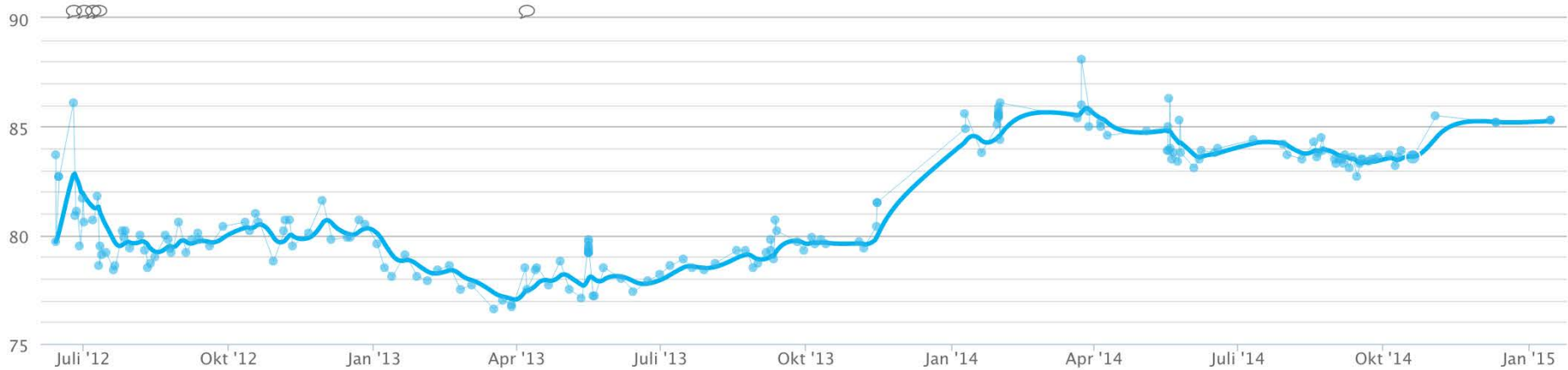
83.6

kg

26.7

BMI ⓘ

10:34 Uhr



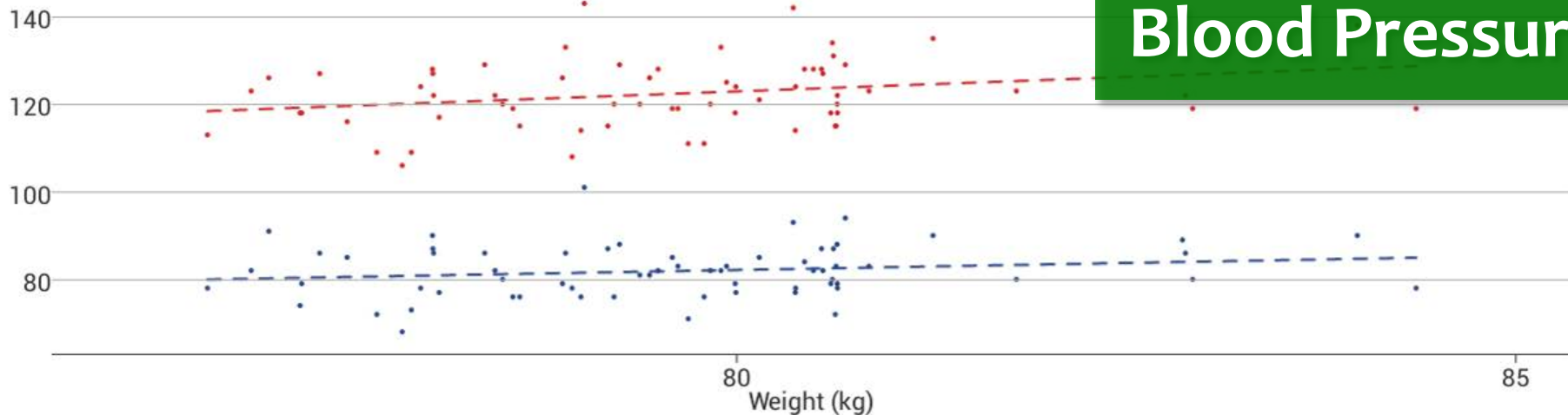
wunschgewicht

Normalbereich ⓘ

Messfrequenz ⓘ



Correlation: Blood pressure against weight



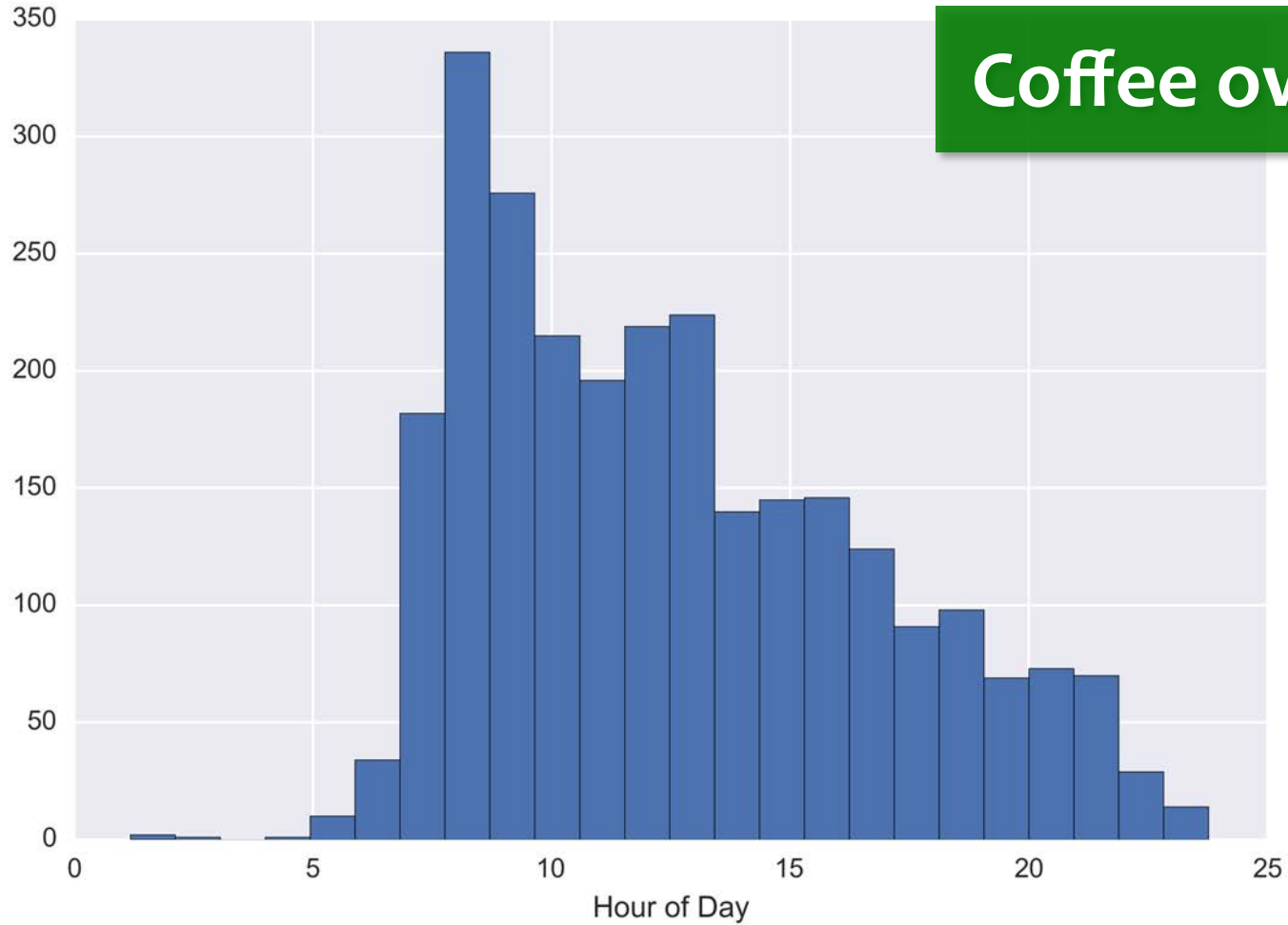
**Weight vs.
Blood Pressure**

• Systolic • Diastolic — Regression: Systolic — Regression: Diastolic

Coffee Tracking (Tap Log)

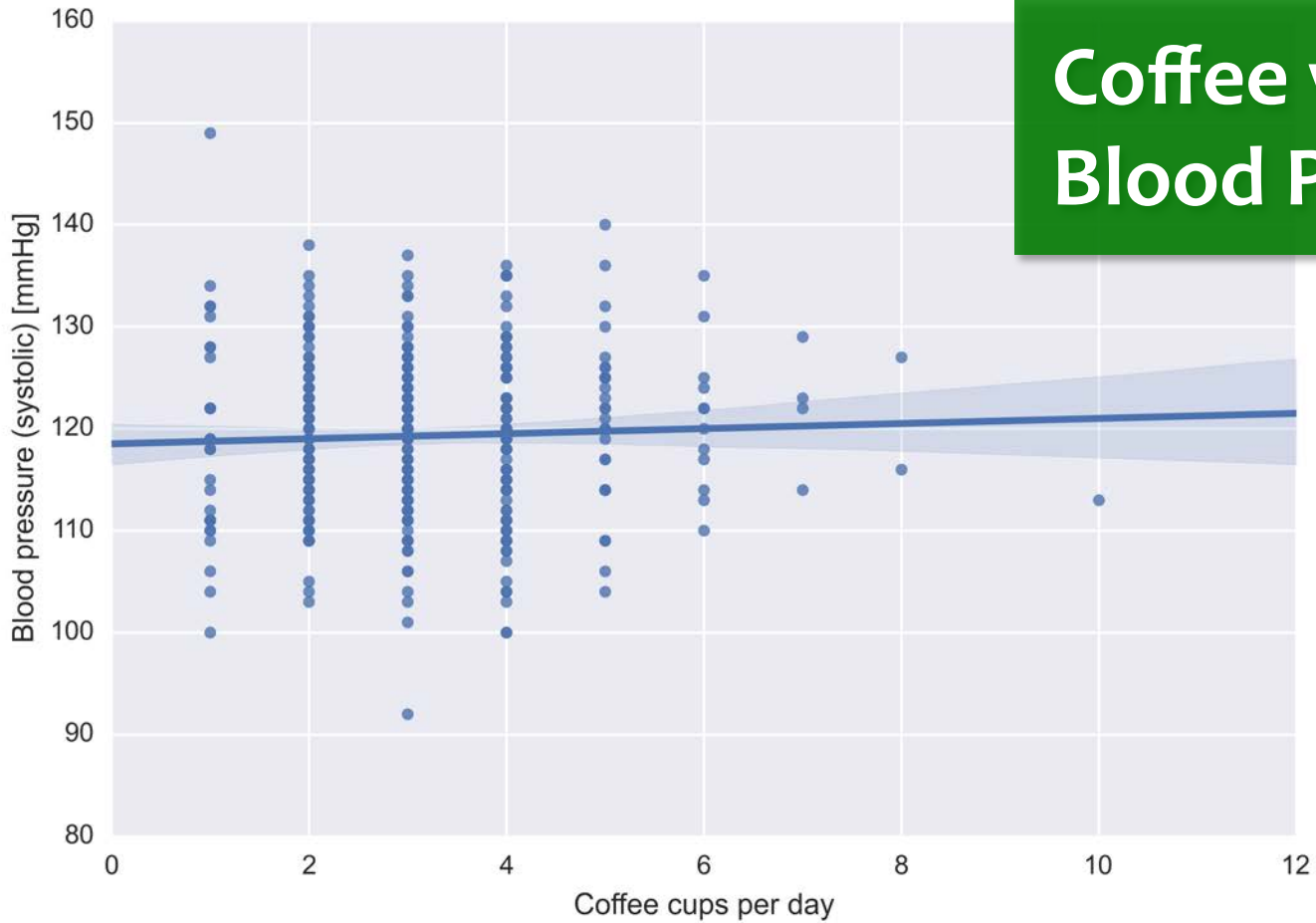


Distribution: Coffee consumption during the day

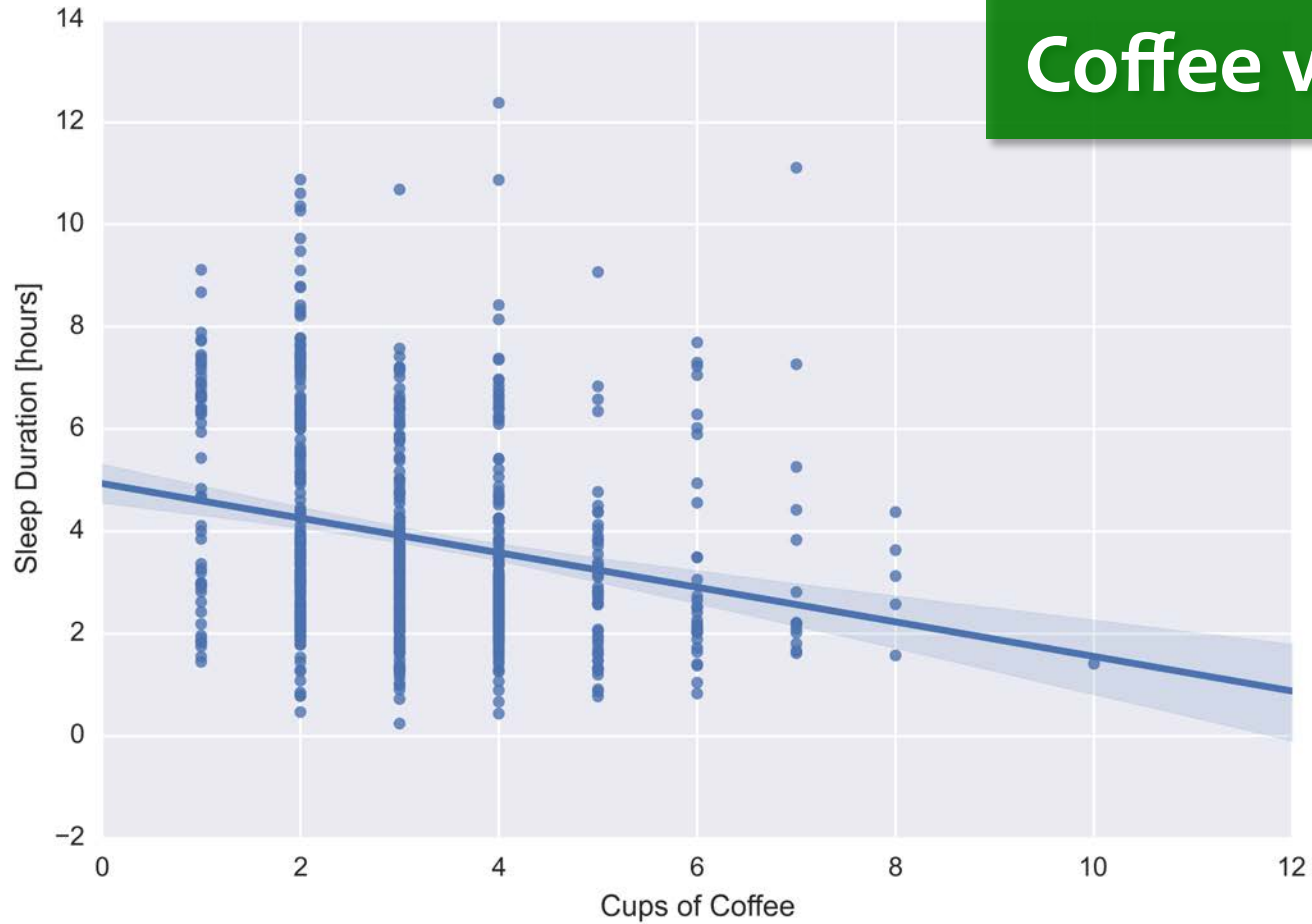


Coffee over Day

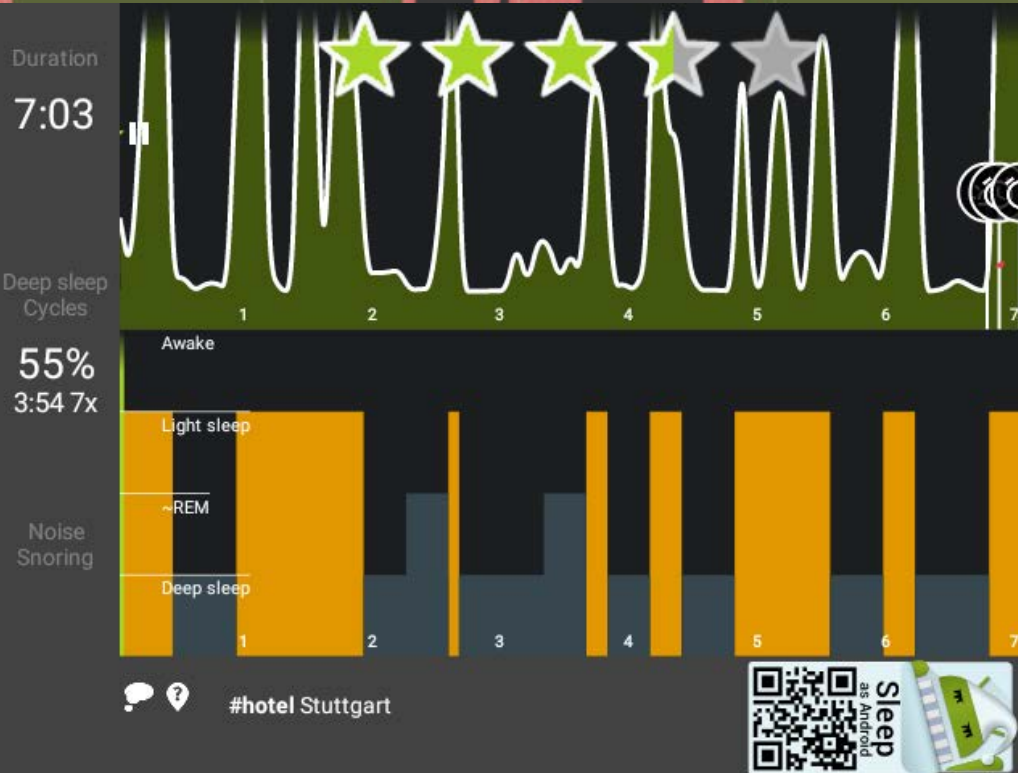
Coffee vs. Blood Pressure



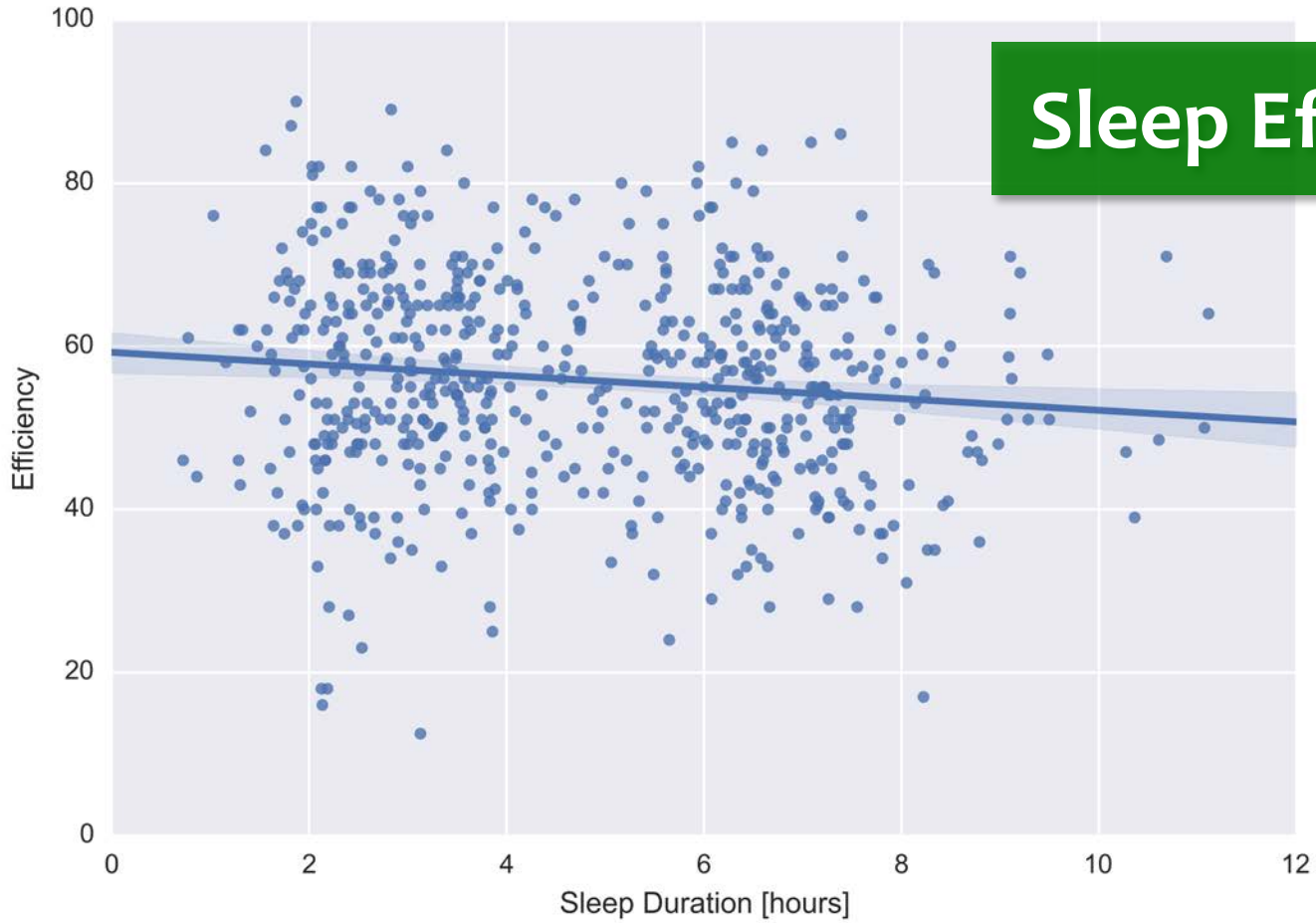
Coffee vs. Sleep



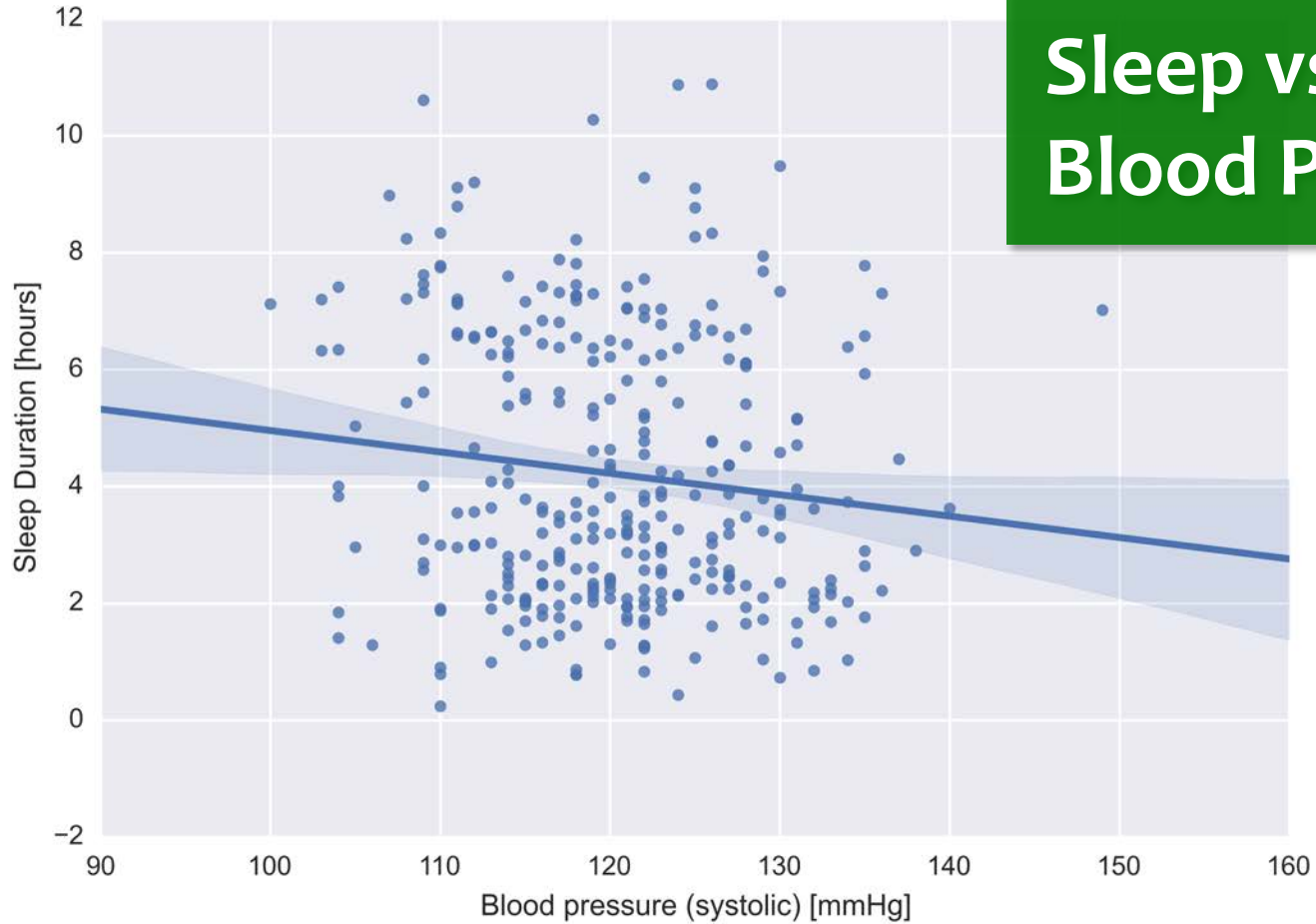
Sleep Tracking (*Sleep as Android*)



Sleep Efficiency



Sleep vs. Blood Pressure

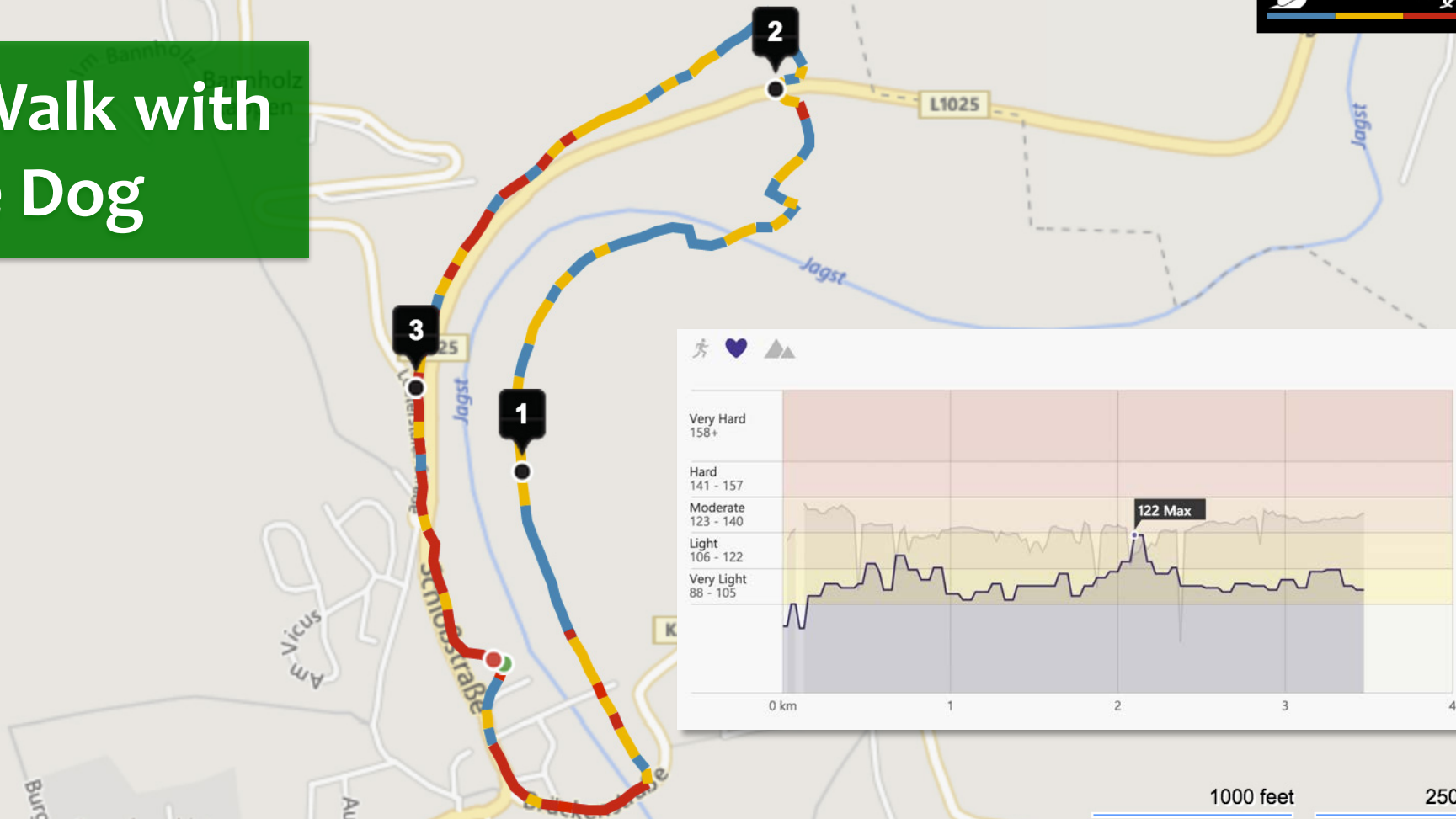


Steps & Activities



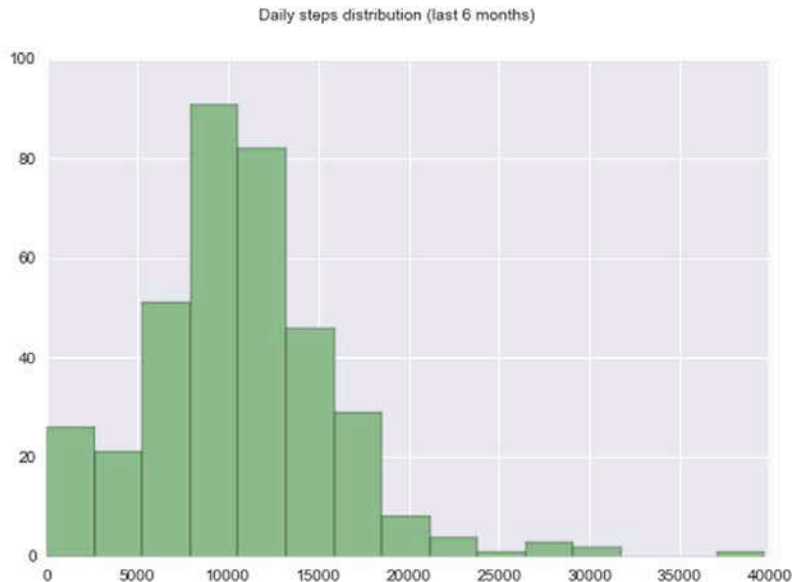


A Walk with the Dog



```
In [15]: steps.hist(bins=15, color='darkseagreen')
plt.suptitle('Daily steps distribution (last 6 months)')
```

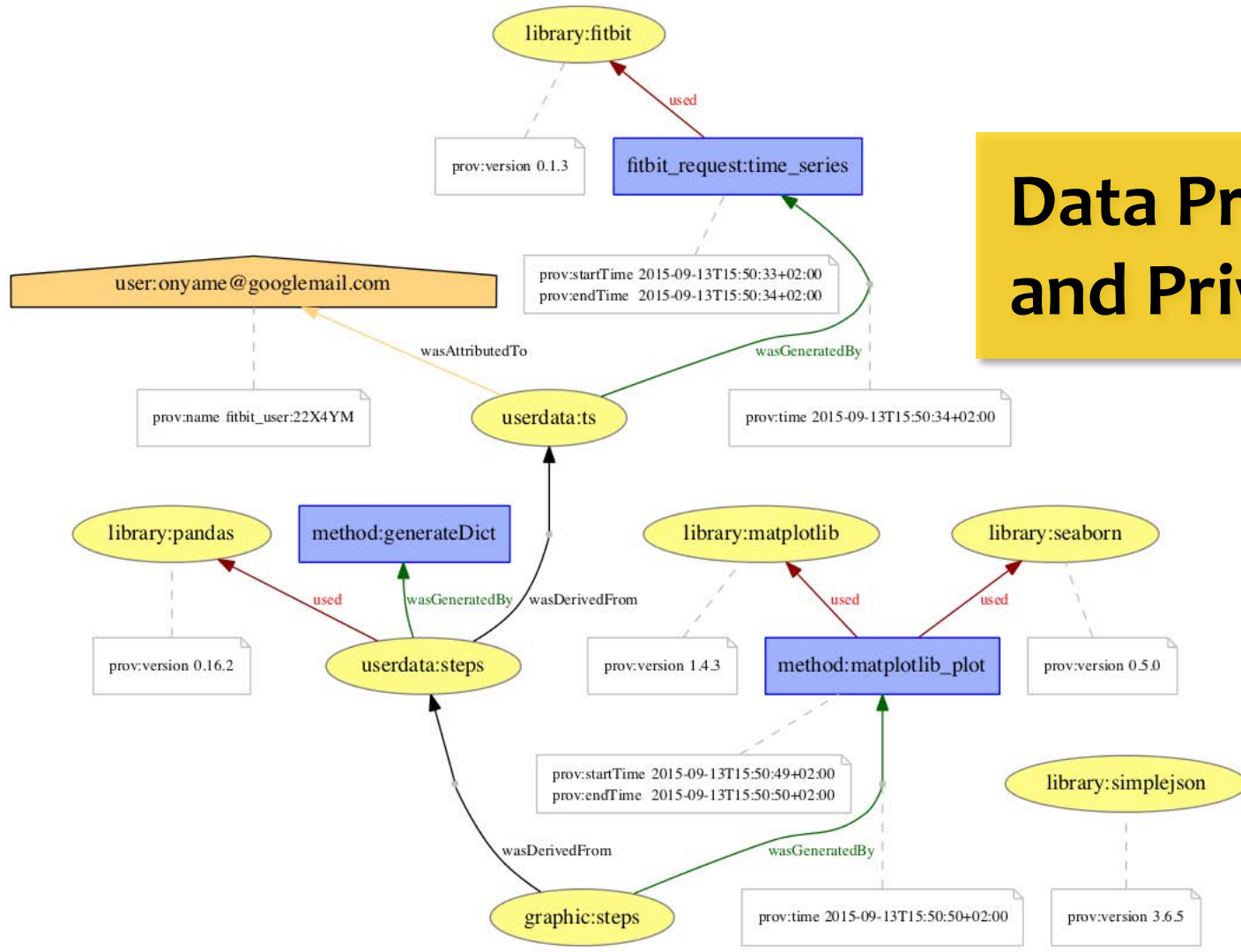
```
Out[15]: <matplotlib.text.Text at 0x10aa90210>
```



In []:

Data Analytics with Python

Data Provenance and Privacy



Mo.

Di.

Mi.

Do.

Fr.

Sa.

So.



**Mood Tracking
failed!**

28



29



30



31



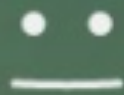
1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



16





17





Mindfulness (Diario)


- Cafe und hab da gearbeitet. War ganz...
June, 2015
Eher gutgelaunt 1 1 1910 Missi...



- Verteile Netzwerke
Heute Expo für die Öffentlichkeit. Daher waren viel mehr...
Eher gutgelaunt 3 1 1910 Missi...


- QS15 Tag 2
Heute lief die Konferenz so weiter. Die Vorträge waren gut. Persönliches Highlight...
04:27 Eher gutgelaunt 2 1 1910 Missi...


- Fri **QS15**
Tag 1 der Quantified Self conference and expo. 600 Teilnehmer aber weniger als ne...
06:00 Eher gutgelaunt 2 1 1910 Missi...


- Thu **1906**
Heute nach San Francisco geflogen. Flug war ok. Hotel ist mal was anderes. Im...
06:09 Weder - noch 1 1 1910 Mission...


- Tue **Annika**
Muffi hat mal wieder jemand neues zum aufpassen. Wieder von Leinentausch...
23:24 Eher gutgelaunt 1 1 Teutoburge...



24 Wednesday
JUNE 2015

04:43

Yosemite

Heute nach Yosemite National Park gefahren. Mit kleinem Umweg wegen eines Waldbrandes. Daher war ich relativ spät im Park. Hab dennoch ne kleine Wanderung zum May Lake gemacht. Sehr nett. Danach bin ich zum essen ins Yosemite Valley gefahren. Die Landschaft unterwegs ist i jedem Fall grandios!

- Eher gutgelaunt
- Reise
- 37.798565, -119.865508

Mental State





Medando
Office Hour
Today, 2 pm

Blood Pressure



114

78

QS Meetup Cologne

```
In [7]: np.round(schritte.describe(), 1)
```

		Schritte	Strecke	Stockwerke	Minuten im Sitzen	Minuten mit leichter Aktivität	Minuten mit relativ hoher Aktivität	Minuten mit sehr hoher Aktivität
count	359	359.0	359.0	359.0	359.0	359.0	359.0	359.0
mean	305.0	12615.3	9.3	21.1	1152.4	118.3	114.9	36.4
min	0.0	4735.4	3.5	23.9	143.7	49.1	43.3	21.3
25%	1958.0	0.0	0.0	0.0	182.0	0.0	0.0	0.0
50%	2404.5	9703.5	7.1	10.0	1114.5	92.0	89.0	22.0
75%	2565.0	12639.0	9.3	15.0	1166.0	112.0	116.0	32.0
max	2768.0	15641.0	11.5	23.0	1218.5	131.5	145.5	46.5
	3659.0	28457.0	20.9	188.0	1440.0	348.0	239.0	135.0

rows x 9 columns

TV / Radio



Contact

Andreas Schreiber

www.andreas-schreiber.net

onyame@gmail.com

 [@onyame](https://twitter.com/onyame)

