



Quantified Self
self knowledge through numbers

Hal, Cancel my 10 O'Clock

Paul LaFontaine

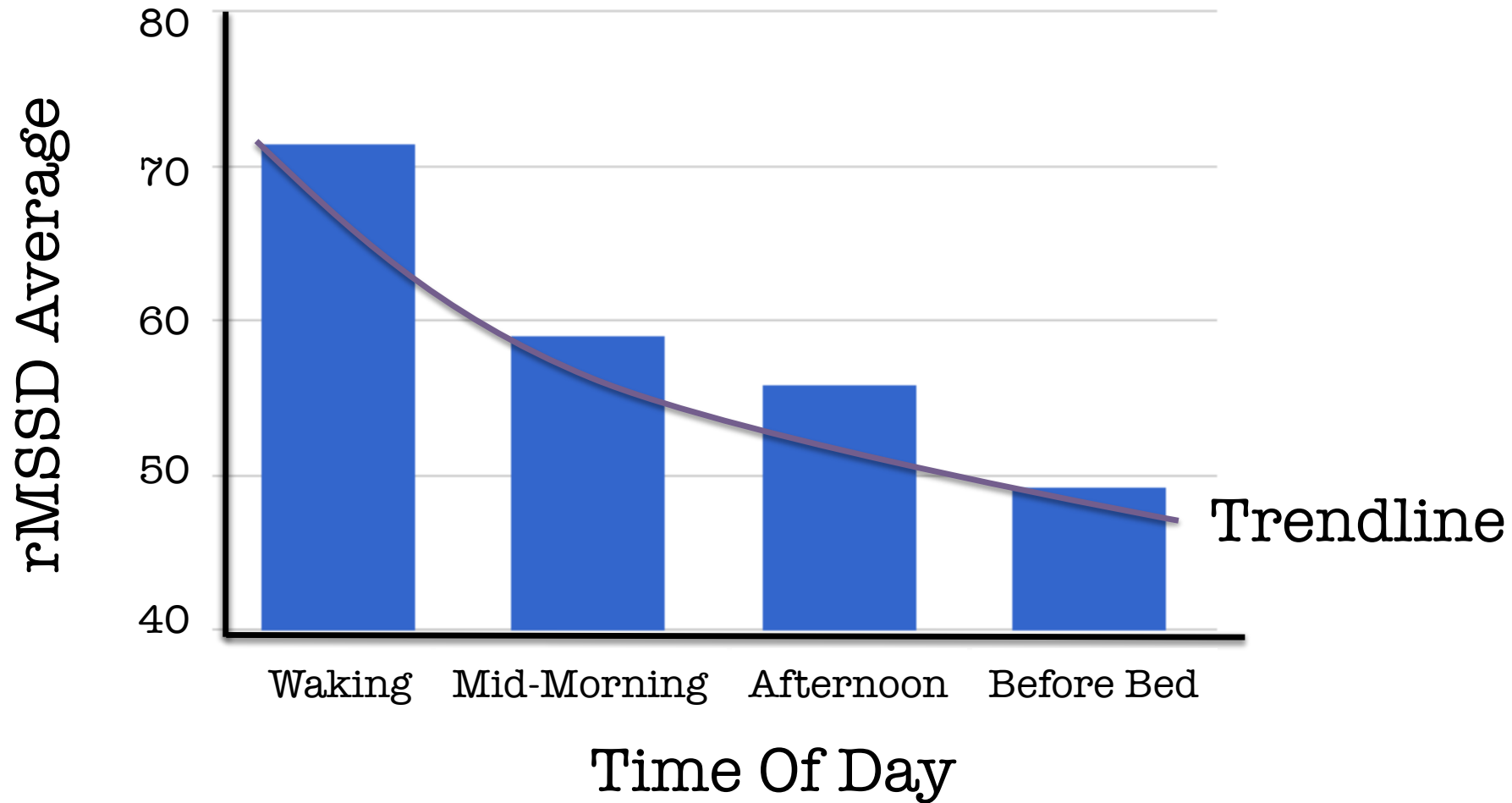


Hal, optimize for my Quantified Self &
my Working Self...

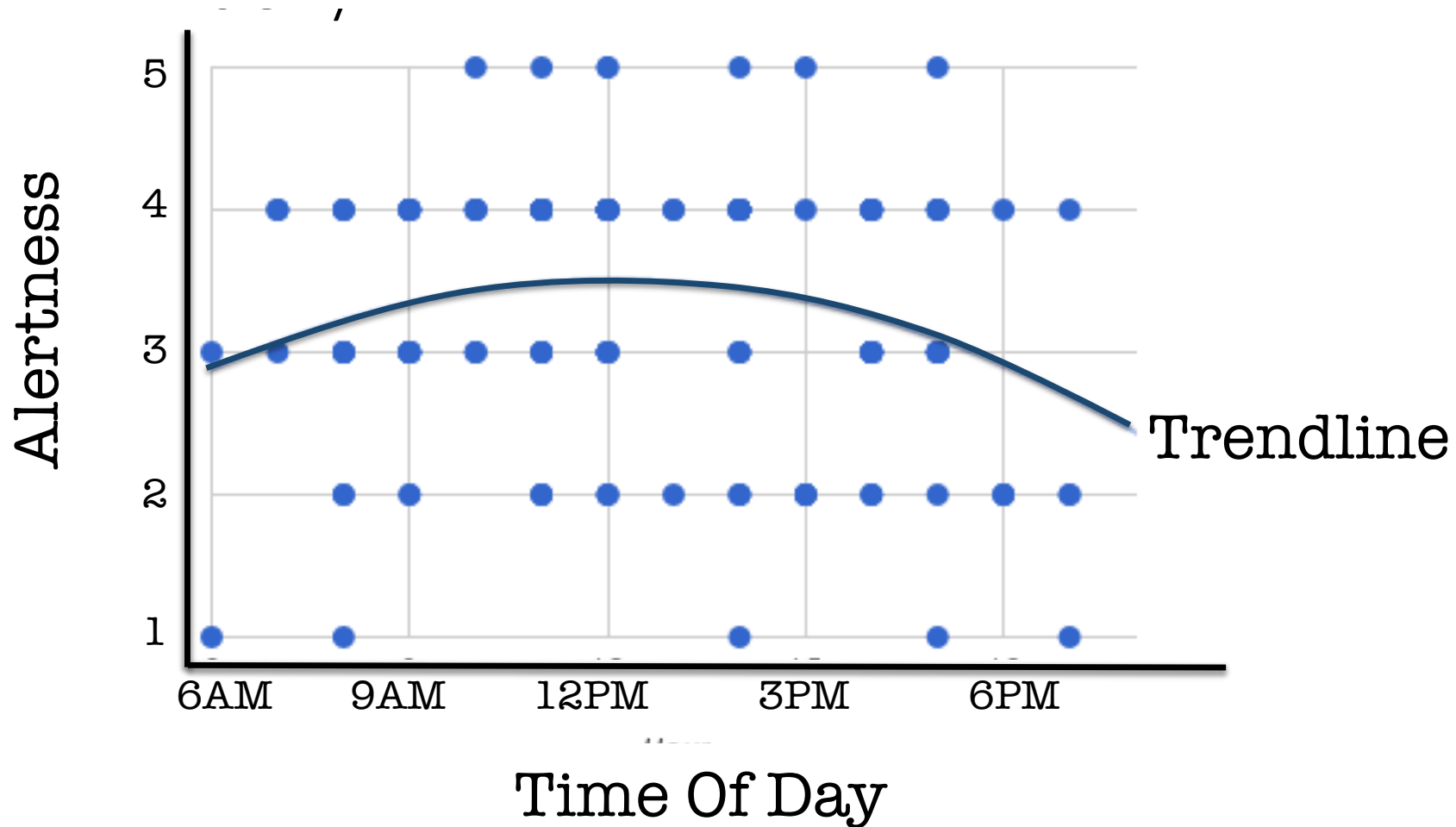
Negotiate When Energy Is High



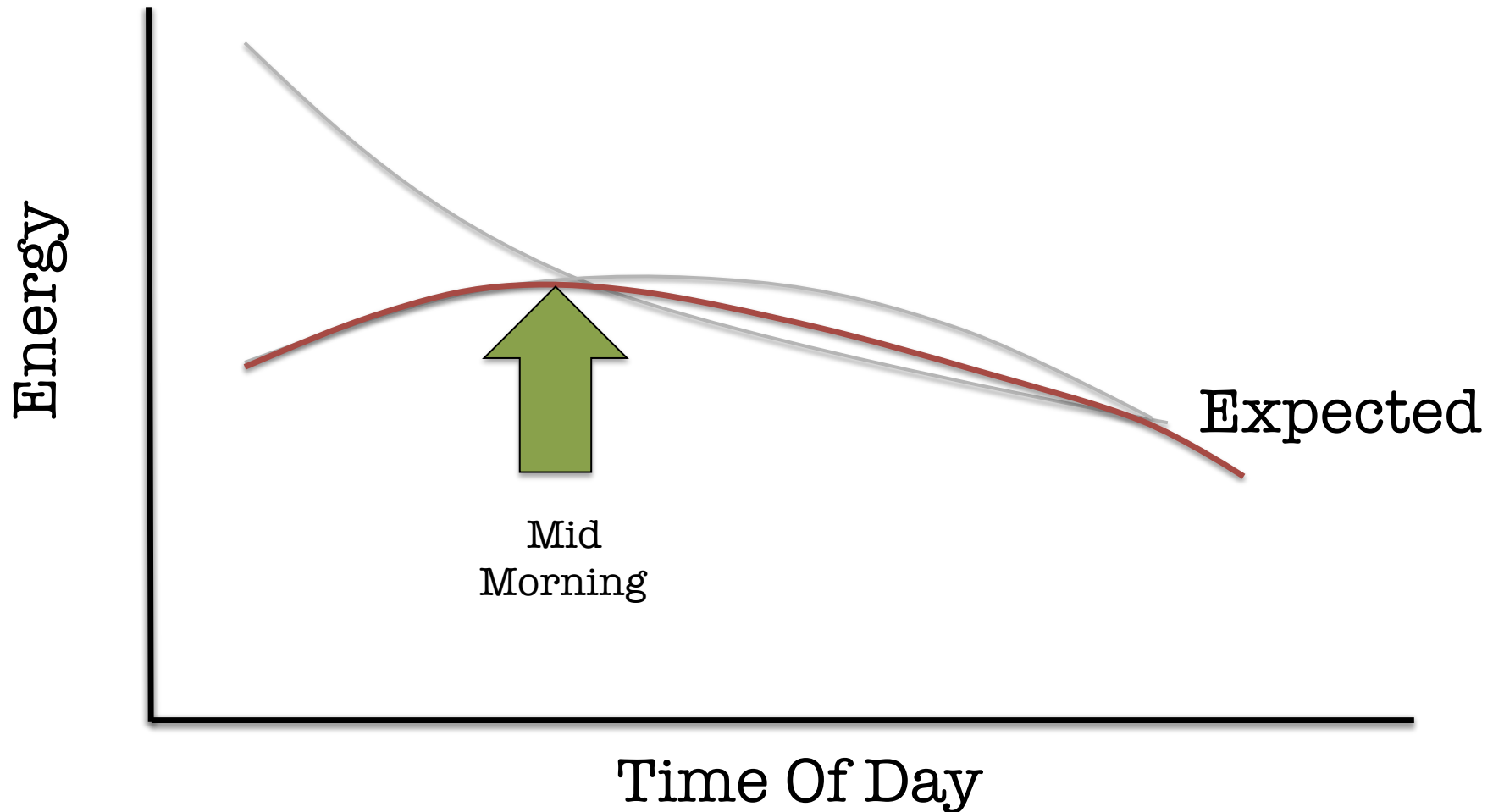
My Heart Rate Variability Baseline



My Alertness Log Baseline



Combined HRV & Alertness Baselines





What did I do?

Measured my energy four times a day during major food & exercise changes.

#1 Transition: Going Ketogenic



Sugar Burner to Fat Burner



March = 204 lbs (92.5 kg)



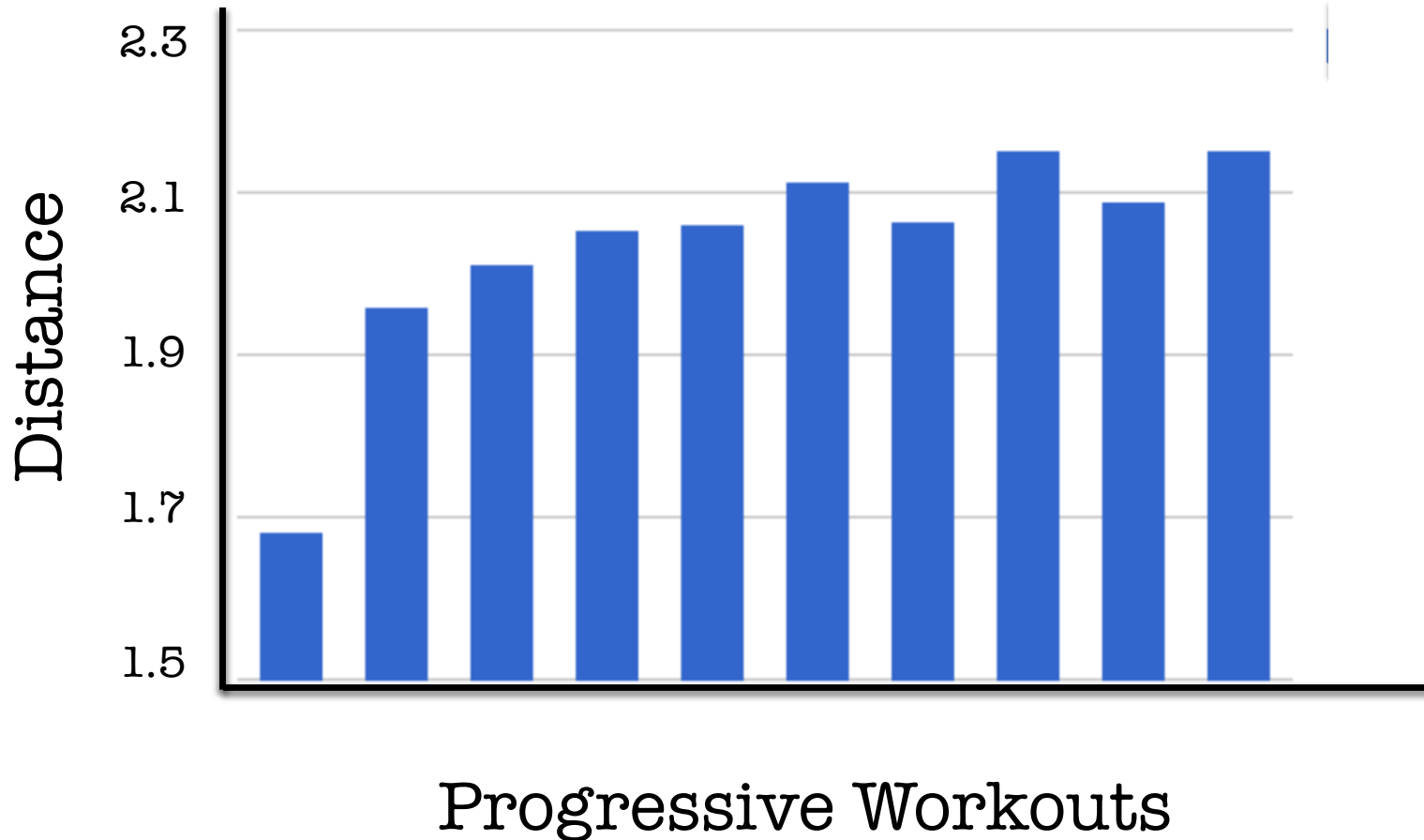
August = 189lbs (85.7 kg)

#2 Transition: Aerobic Threshold

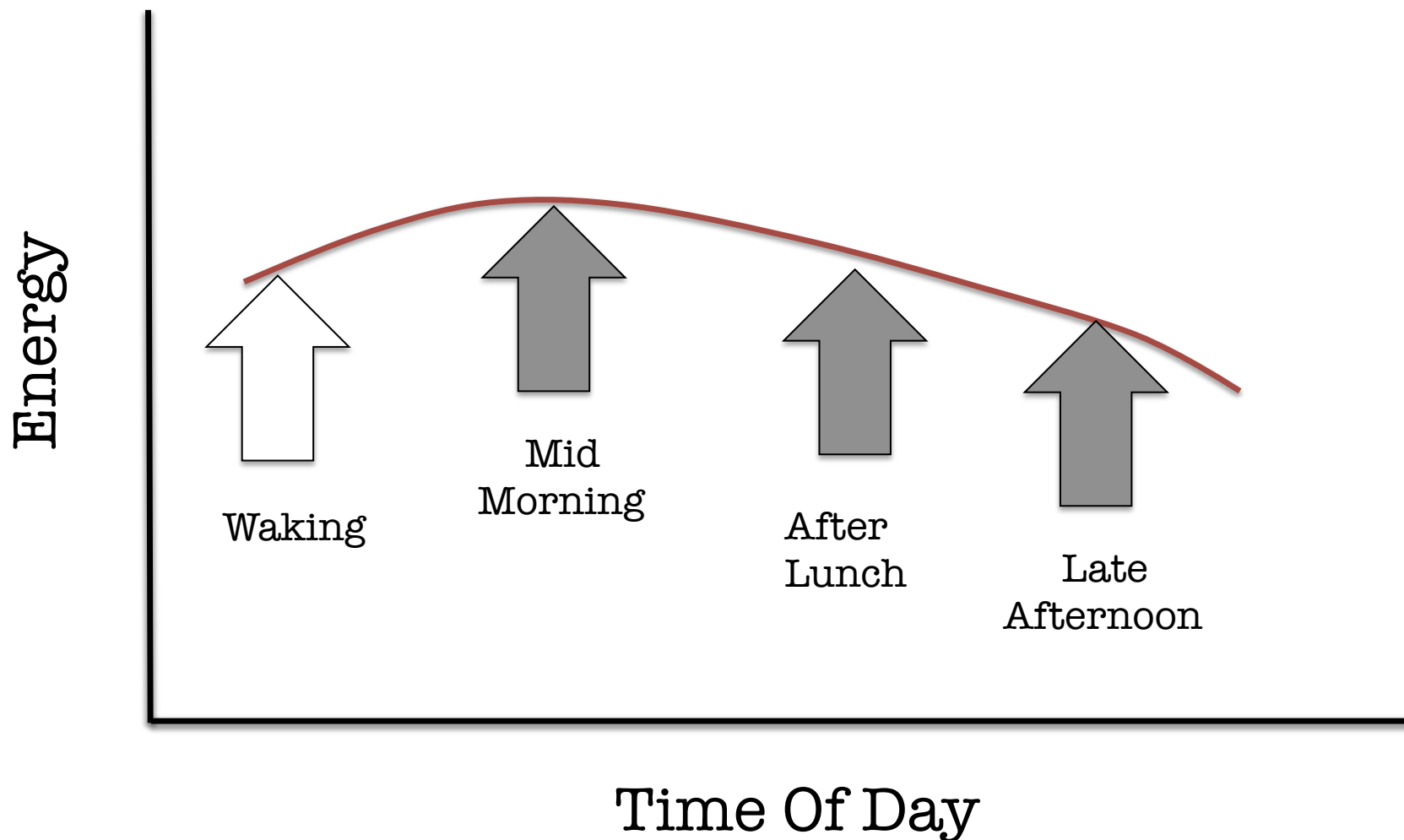


Aerobic Training Progress

Distance At Fixed Heart Rate & Time



Testing The Assumed Curve





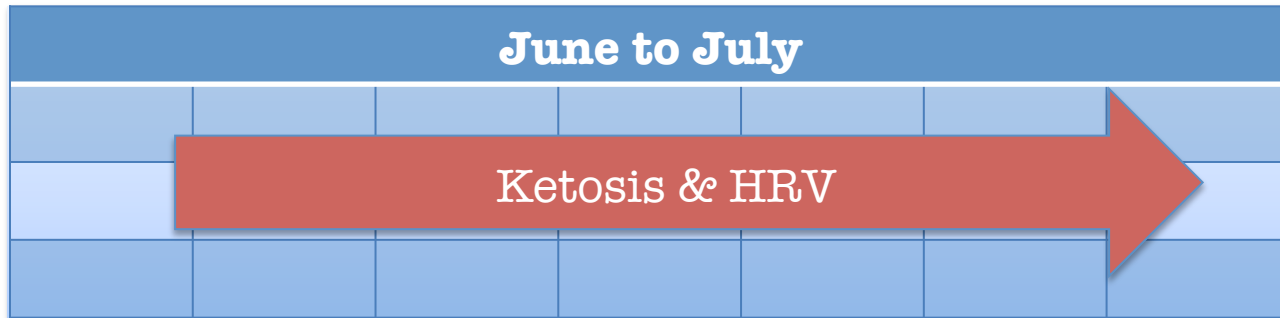
Hal, I just started a new experiment
so schedule my negotiations at...



How did I do it?

Took HRV & energy readings four
times a day

Two Experiments Over Four Months



Measured Heart Rate Variability

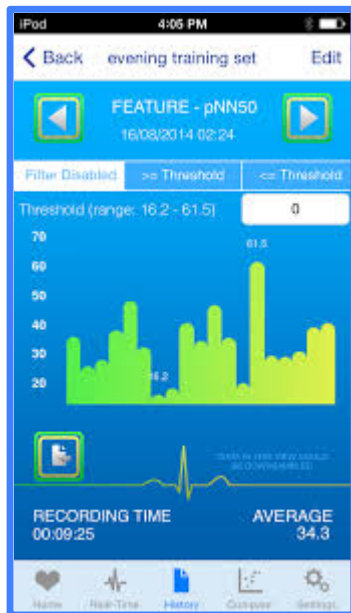


Data Set

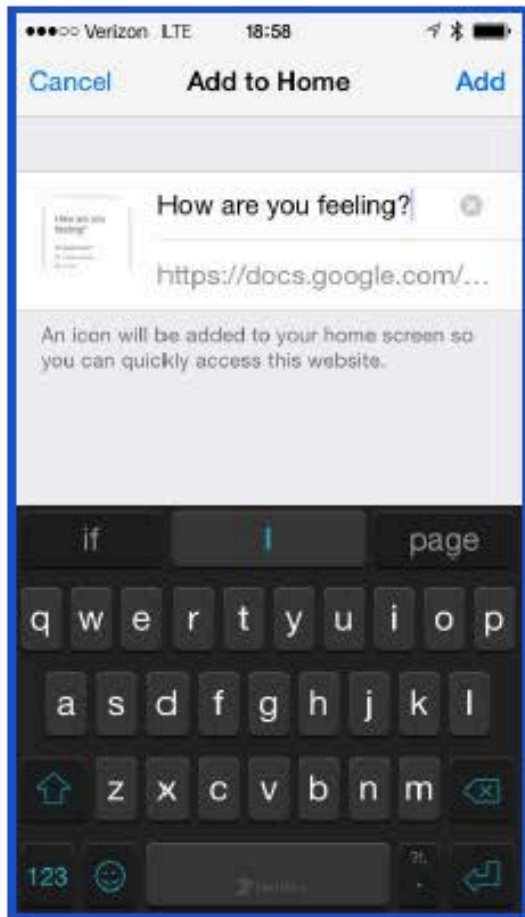
2.5 months of data

30 day transition

45 day after transition



Alertness Using DIY Tracker



Ease of Use

- Set alarm 8 times
- Google Forms
- Icon home screen

Randomized My Exercise

DATE	Exercise	SLEE	TEMP	HRV	GM FAT	TOTAL	% I
22-Jun-15	1	0	99	29	73	108	
23-Jun-15	1	0	83	29	66	107	
24-Jun-15	0	1	78	67	73	93	
25-Jun-15	0	0	98	48	63	92	
26-Jun-15	1	0	81	50	70	83	
27-Jun-15	0	0	86	66	61	110	
28-Jun-15	0	1	89	51	81	100	
29-Jun-15	0	0	70	35	69	111	
30-Jun-15	1	1	71	45	85	113	
1-Jul-15	0	1	85	47	86	106	
2-Jul-15	1						
3-Jul-15	1						
4-Jul-15	1						
5-Jul-15	1						
6-Jul-15	0						
7-Jul-15	0						
8-Jul-15	1						
9-Jul-15	1						
10-Jul-15	1						
11-Jul-15	1						
12-Jul-15	1						
13-Jul-15	1						
14-Jul-15	1						
15-Jul-15	0						
16-Jul-15	1						
17-Jul-15	1						
18-Jul-15	0						
19-Jul-15	0						
20-Jul-15	1						
21-Jul-15	1						
22-Jul-15	0						
23-Jul-15	0						
24-Jul-15	1						
25-Jul-15	0						
26-Jul-15	1						

Eliminated Choice

- “Feel Like It”
- RANDBETWEEN
- Follow each day

Discarded Reading If Conditions Off

CONDITIONS

- Follow Instruction
- 7+ HRS SLEEP
- <3 ALCOHOL
- % GRAMS FAT

Exclude if not
meet 2 or more

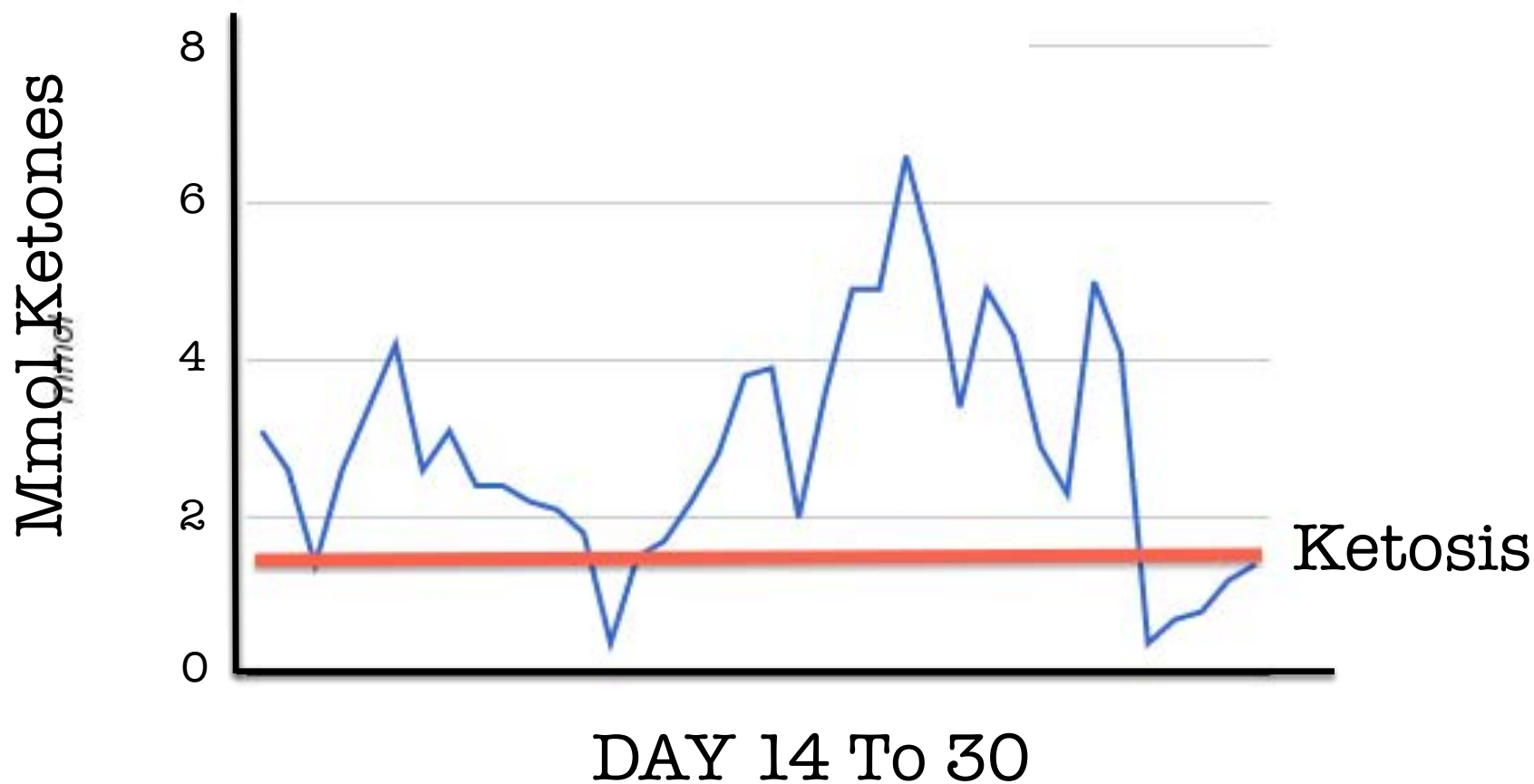
DATE	BOOZE	SLEEP	TEMP	HRV	GRAM FAT	TOTAL	% FAT	USEABLE
22-Jun-15	1	0	99	29	73	108	68%	0
23-Jun-15	1	0	83	29	66	107	62%	0
24-Jun-15	0	1	78	67	73	93	78%	1
25-Jun-15	0	0	98	48	63	92	68%	1
26-Jun-15	1	0	81	50	70	83	84%	1
27-Jun-15	0	0	86	66	61	110	55%	0
28-Jun-15	0	1	89	51	81	100	81%	1
29-Jun-15	0	0	70	35	69	111	62%	1
30-Jun-15	1	1	71	45	85	113	75%	0
1-Jul-15	0	1	85	47	86	106	81%	1
2-Jul-15	1	0	72	59	80	90	89%	1
3-Jul-15	1	1	96	46	69	107	64%	1
4-Jul-15	1	0	91	59	61	83	73%	1
5-Jul-15	1	1	83	66	73	105	70%	0
6-Jul-15	0	0	96	52	70	115	61%	0
7-Jul-15	0	1	72	47	79	110	72%	1
8-Jul-15	1	0	89	43	70	91	77%	1
9-Jul-15	1	0	80	62	64	85	75%	1
10-Jul-15	1	0	98	52	80	95	84%	1
11-Jul-15	1	0	99	27	66	110	60%	1
12-Jul-15	1	0	98	47	82	107	77%	1
13-Jul-15	1	1	96	44	64	102	63%	0
14-Jul-15	1	1	74	37	75	106	71%	0
15-Jul-15	0	1	95	66	64	96	67%	1
16-Jul-15	1	0	79	66	71	112	63%	0
17-Jul-15	1	0	91	66	71	109	65%	0
18-Jul-15	0	1	97	54	82	112	73%	1
19-Jul-15	0	0	88	46	68	113	60%	0
20-Jul-15	1	0	97	42	82	99	83%	1
21-Jul-15	1	1	96	63	78	115	68%	1
22-Jul-15	0	1	73	47	65	91	71%	1
23-Jul-15	0	1	87	68	75	106	71%	1
24-Jul-15	1	0	75	32	77	108	71%	1
25-Jul-15	0	1	89	29	74	112	66%	0
26-Jul-15	1	0	83	62	73	99	74%	1



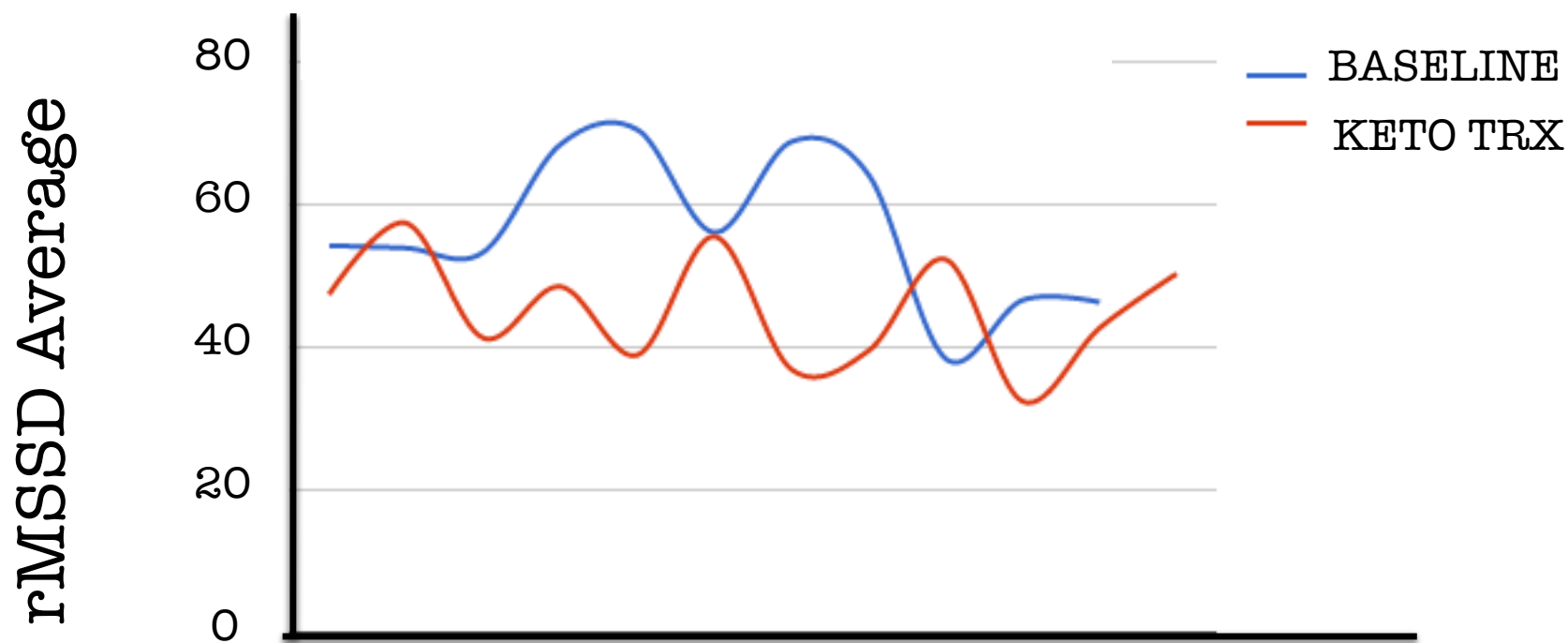
What did I learn?

Major physical transitions tend to hit
my energy levels at 10am.

Verified I Was Entering Ketosis



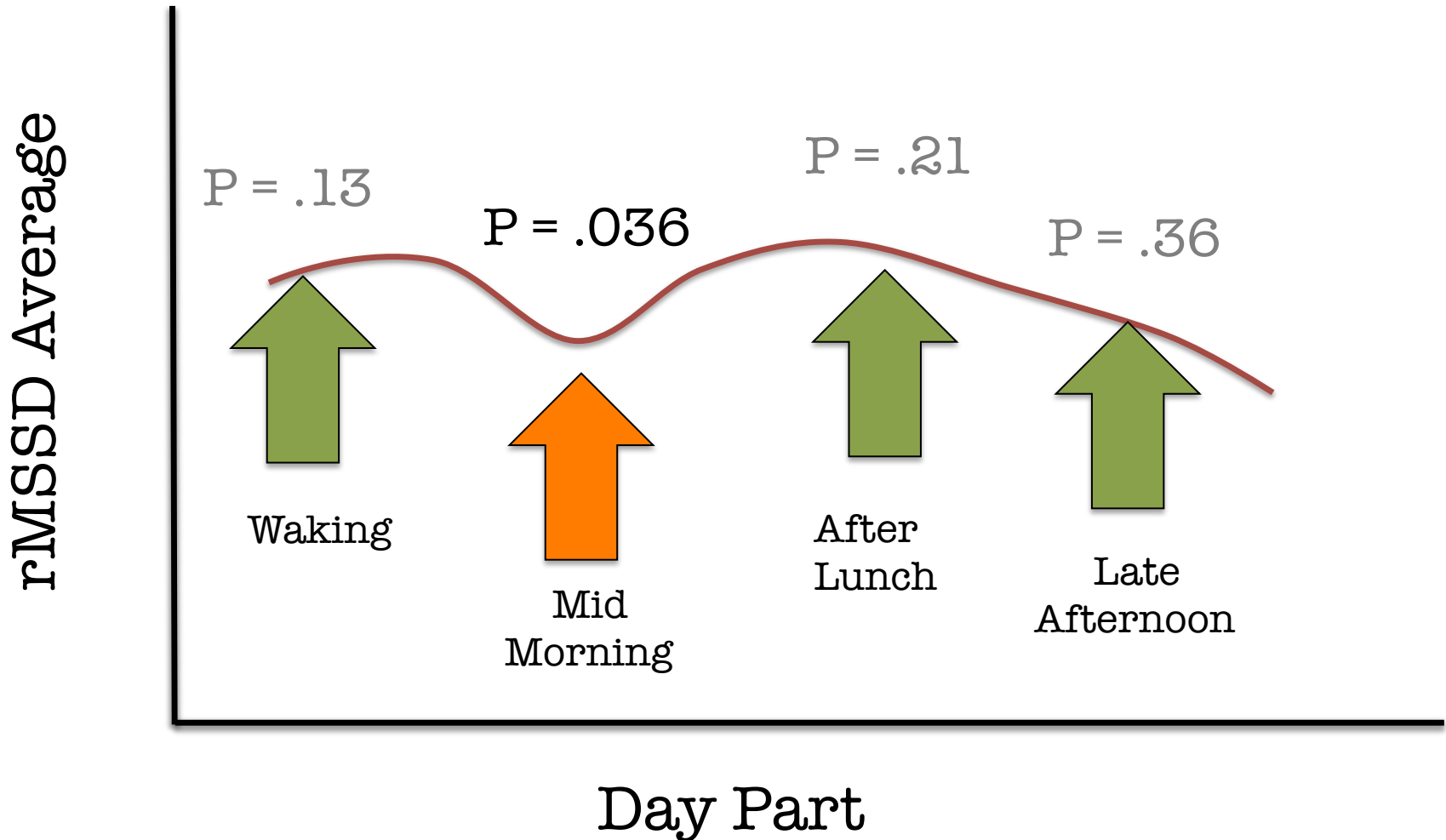
Morning HRV Lower Than Baseline



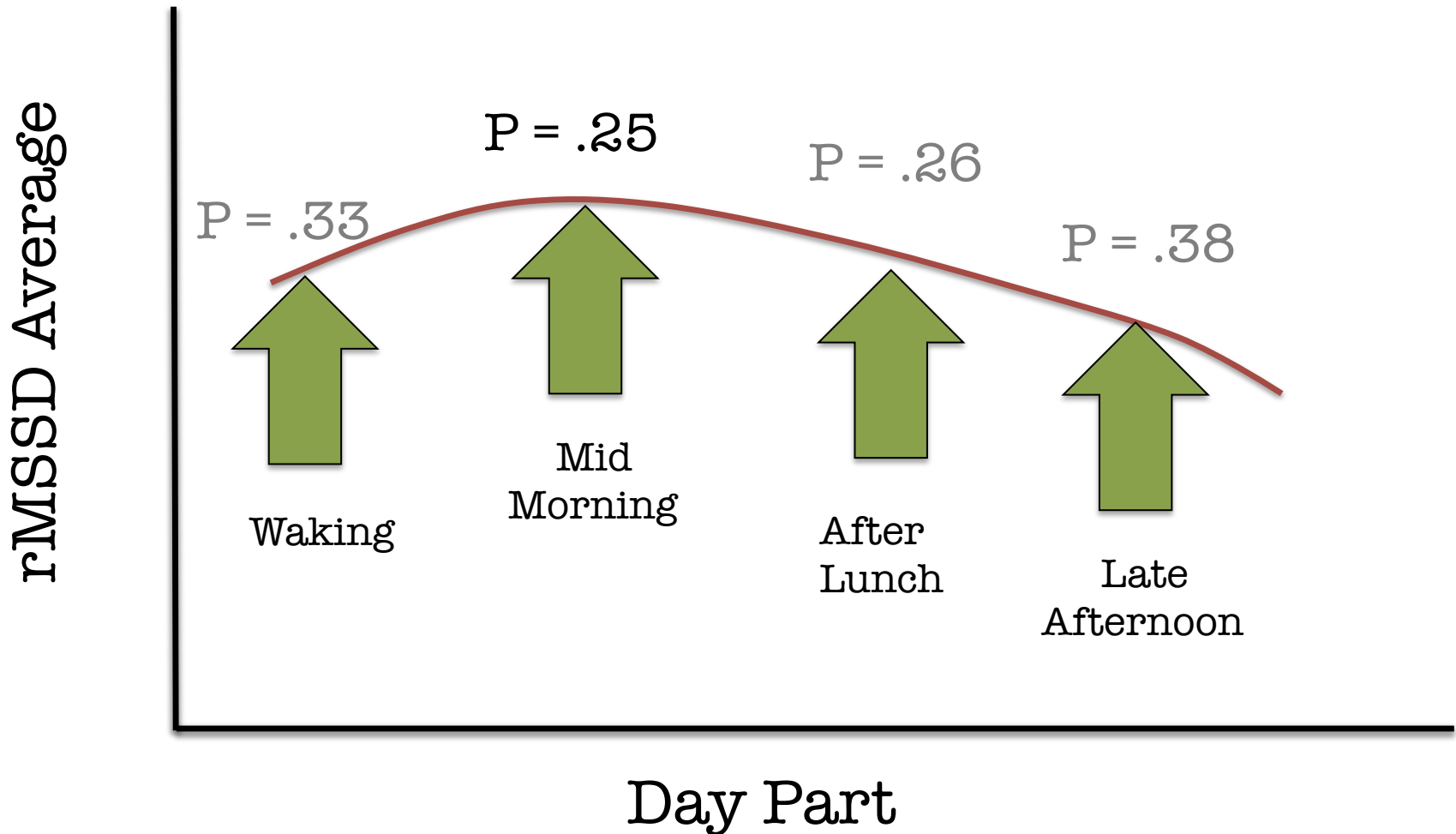
Day 14 To 30

p = .009

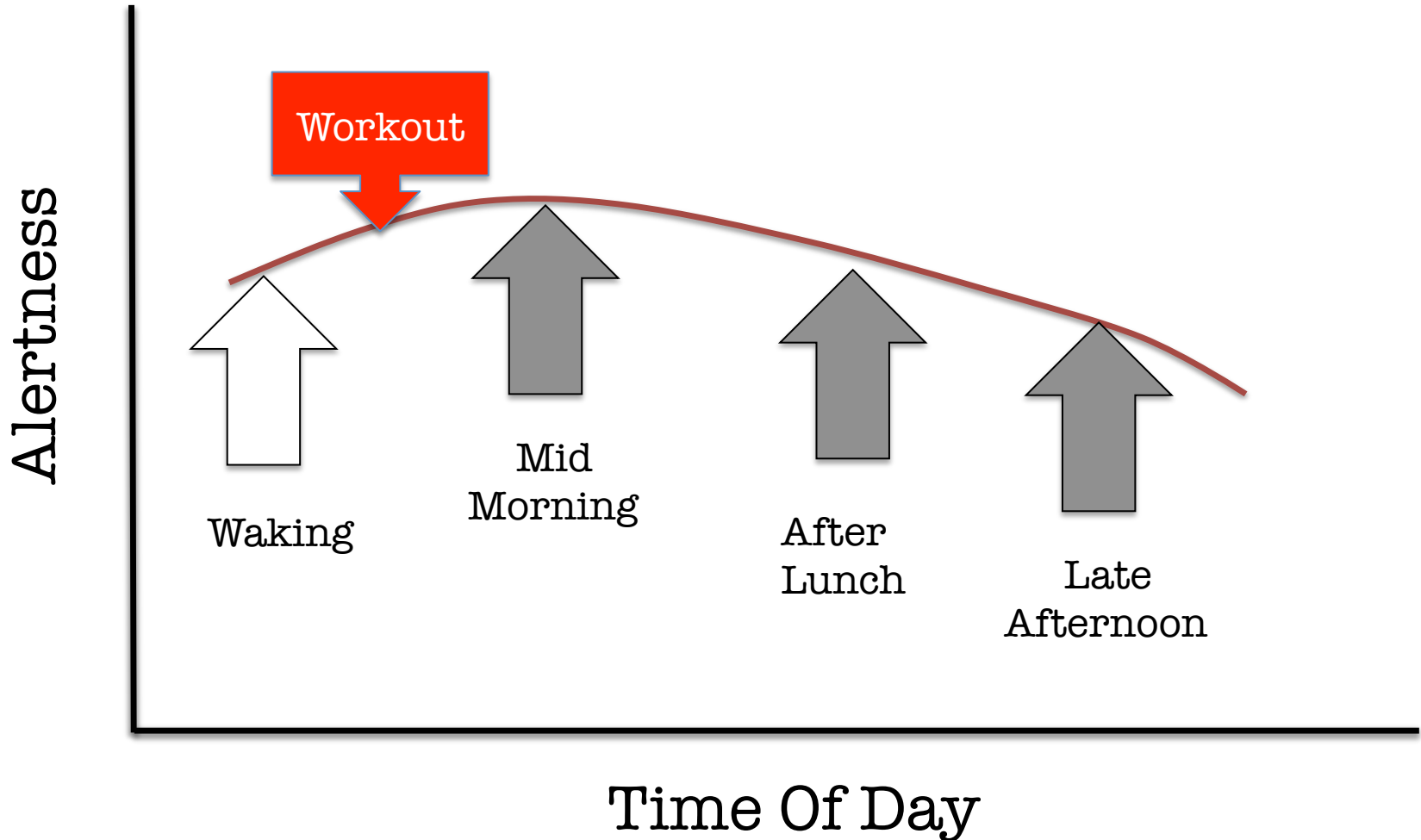
Keto Transition (First 30 Days)



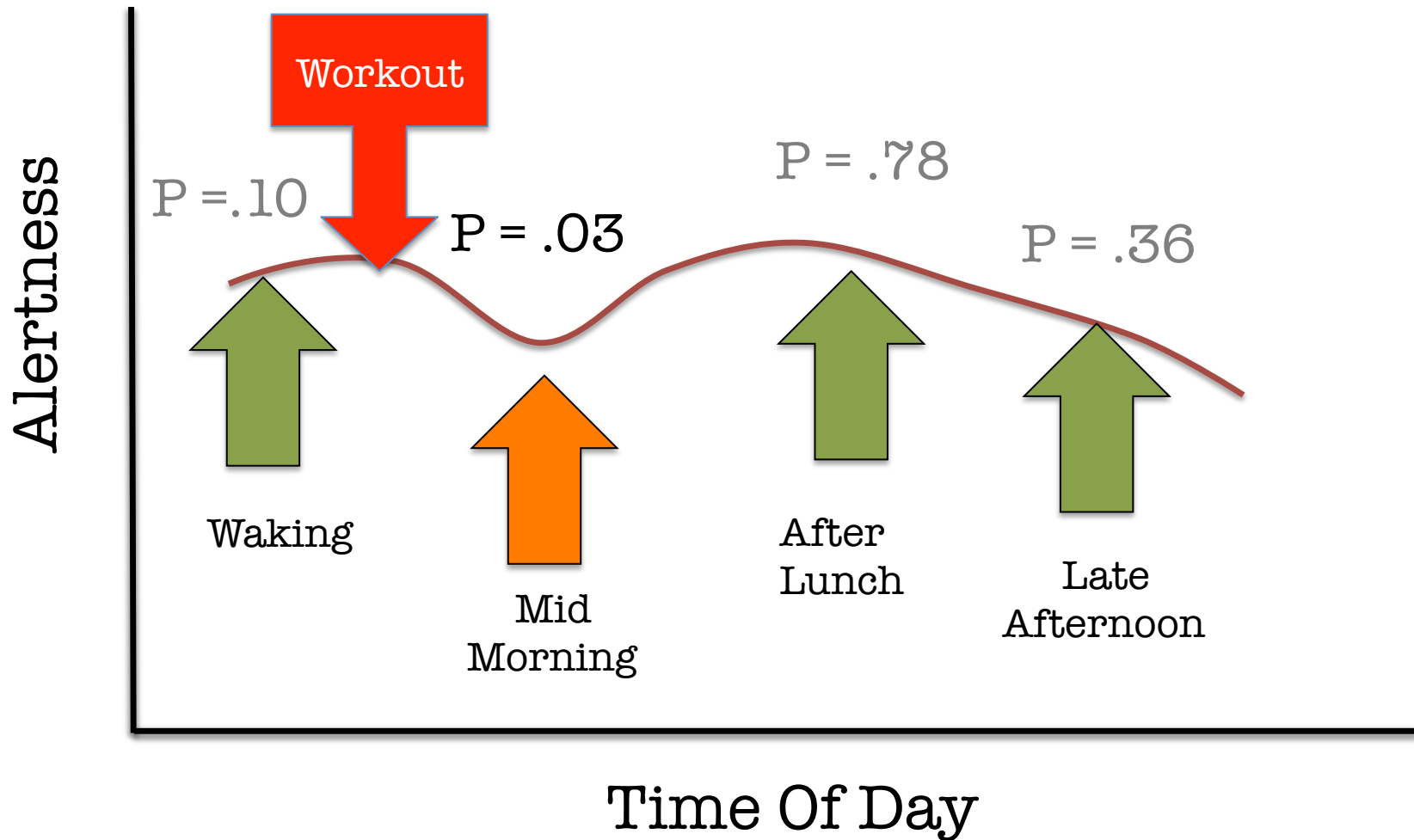
After Keto Transition (30 days +)



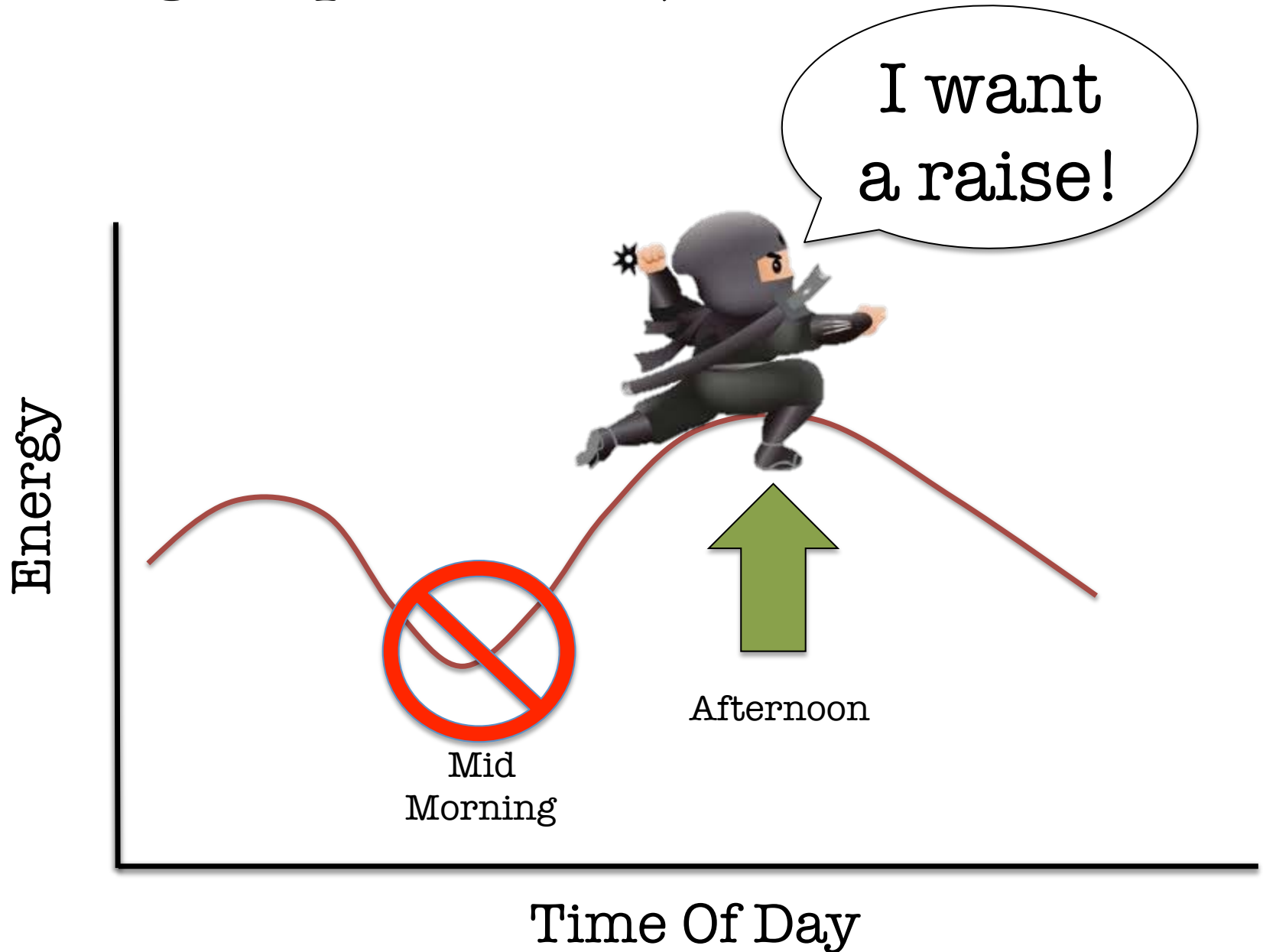
What Happen With Aerobic Work



Daily Exercise Impact



During Experiment, Afternoon Best





Hal, I just zapped my brain with
TDCS, cancel my 10'Oclock!

Conclusions

- My physiology takes a hit at 10am during periods of change & load
- Body recovers over long period of time
- Next Studies: Moving exercise into different day parts & supplements to change energy curve



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