

My Metabolic and Mental Panels

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QS17

Calories

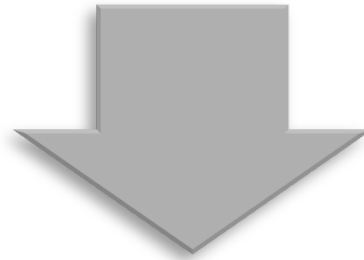
Nutrition

Water

Exercise

Sleep

Mental
Consumption



Metabolic
Changes

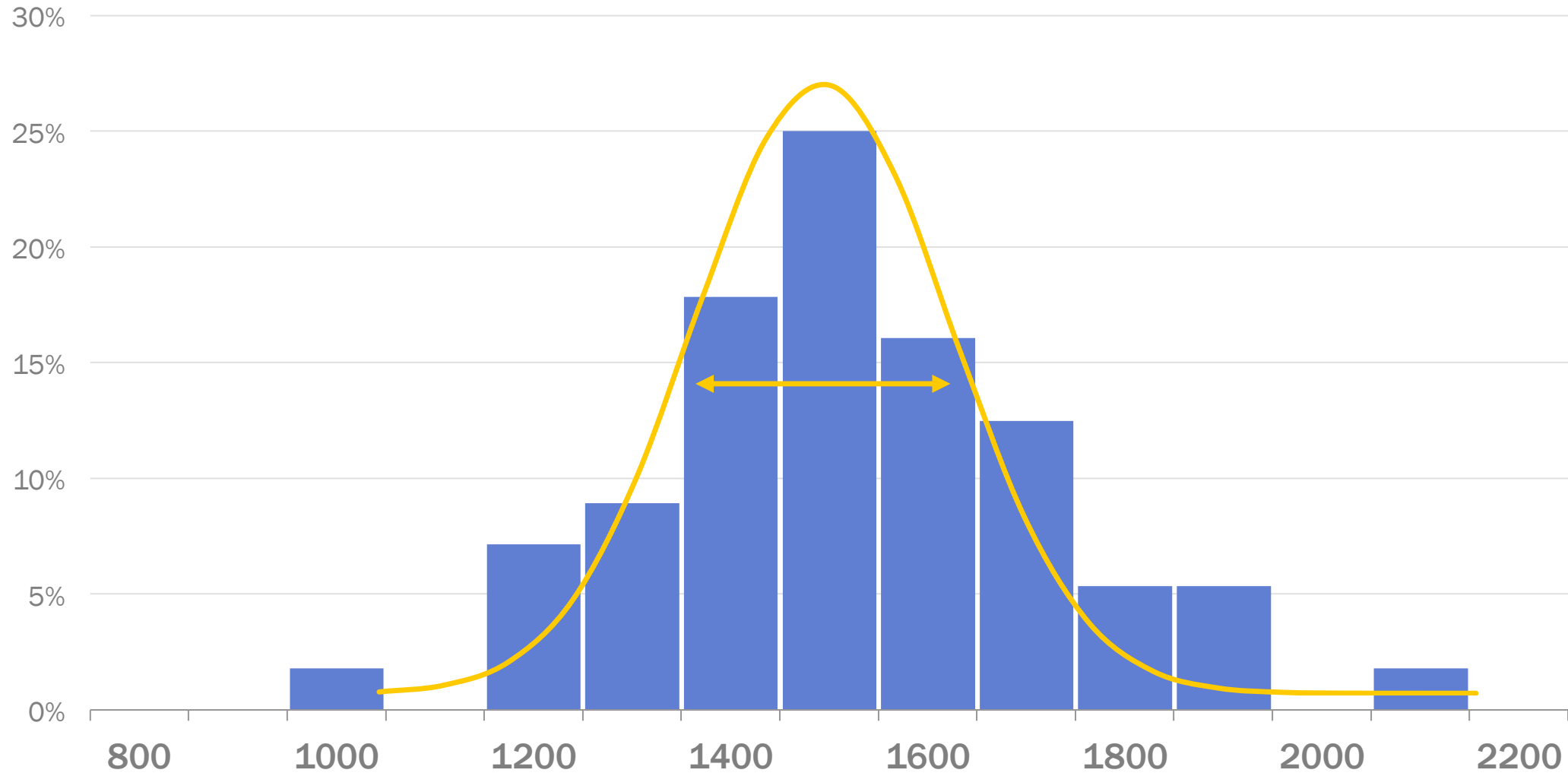
Focus

Productivity

Mood

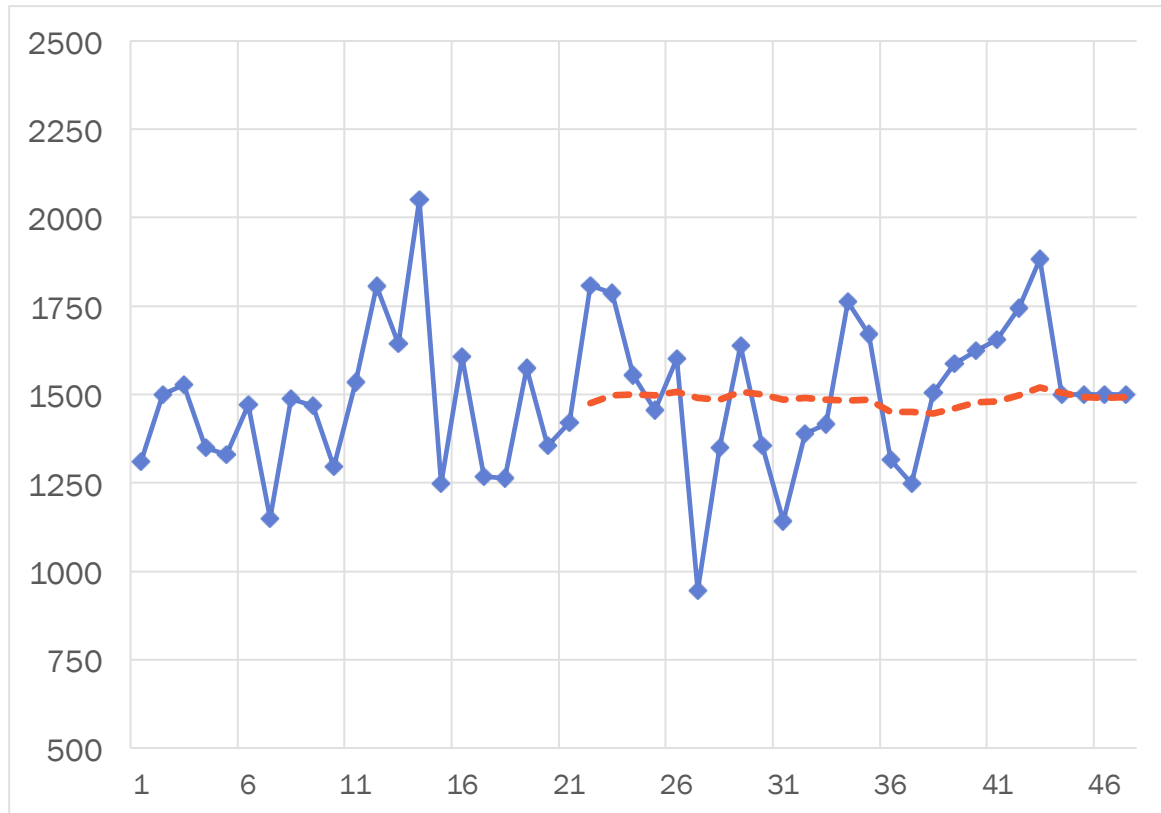
Metabolic Changes

My appetite and calorie intake follow a pretty neat gaussian.

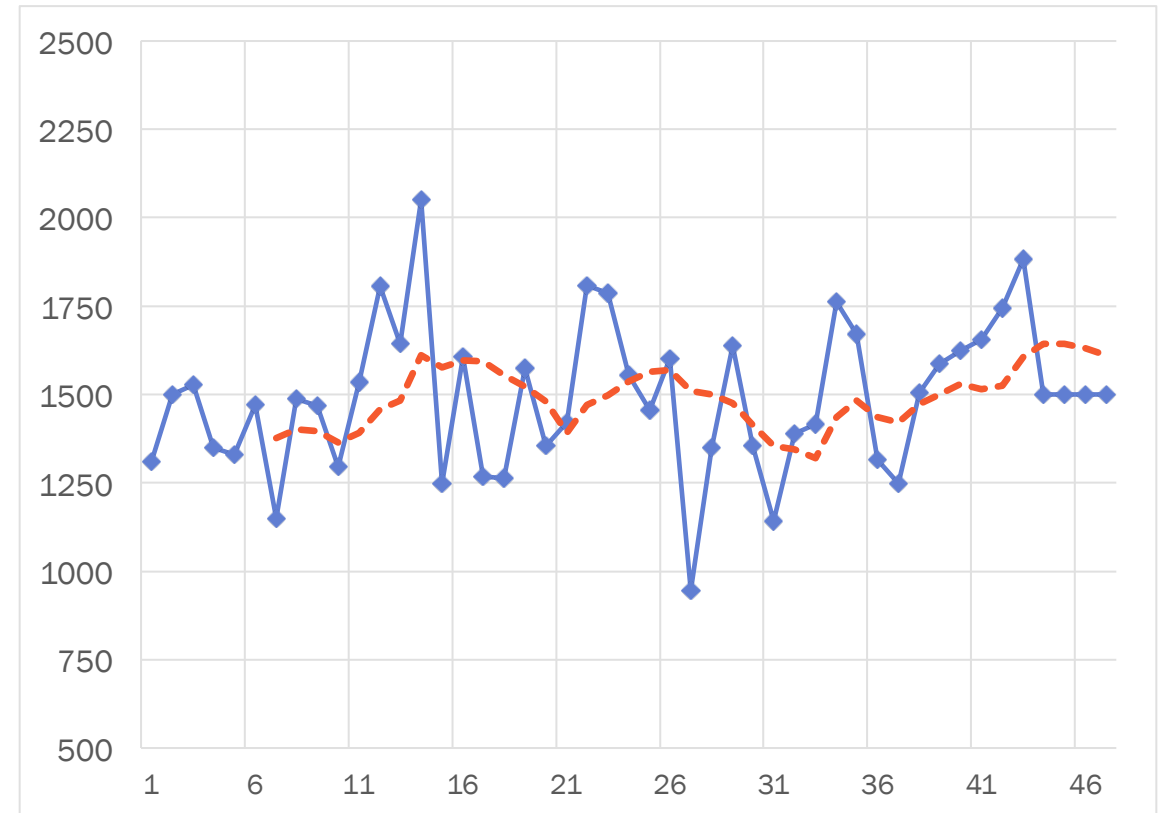


My Calorie Intake is Regulated in a 21 Day Cycle

21 day moving average

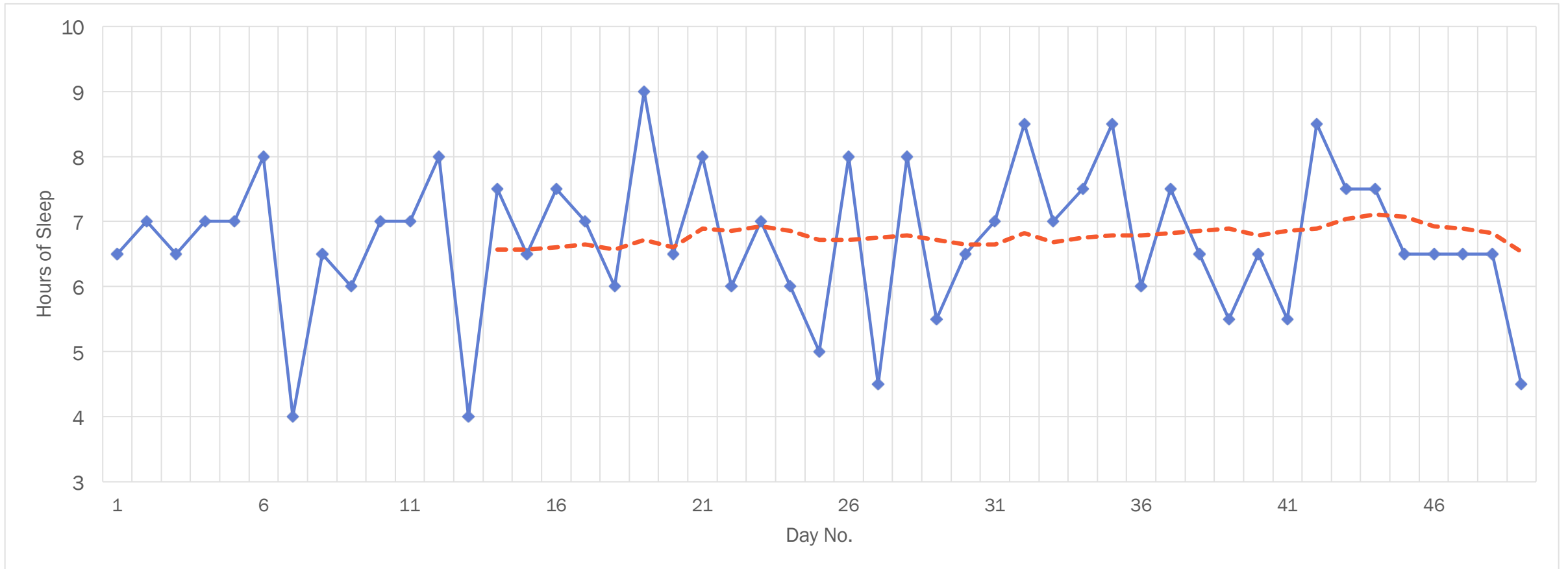


7 day moving average

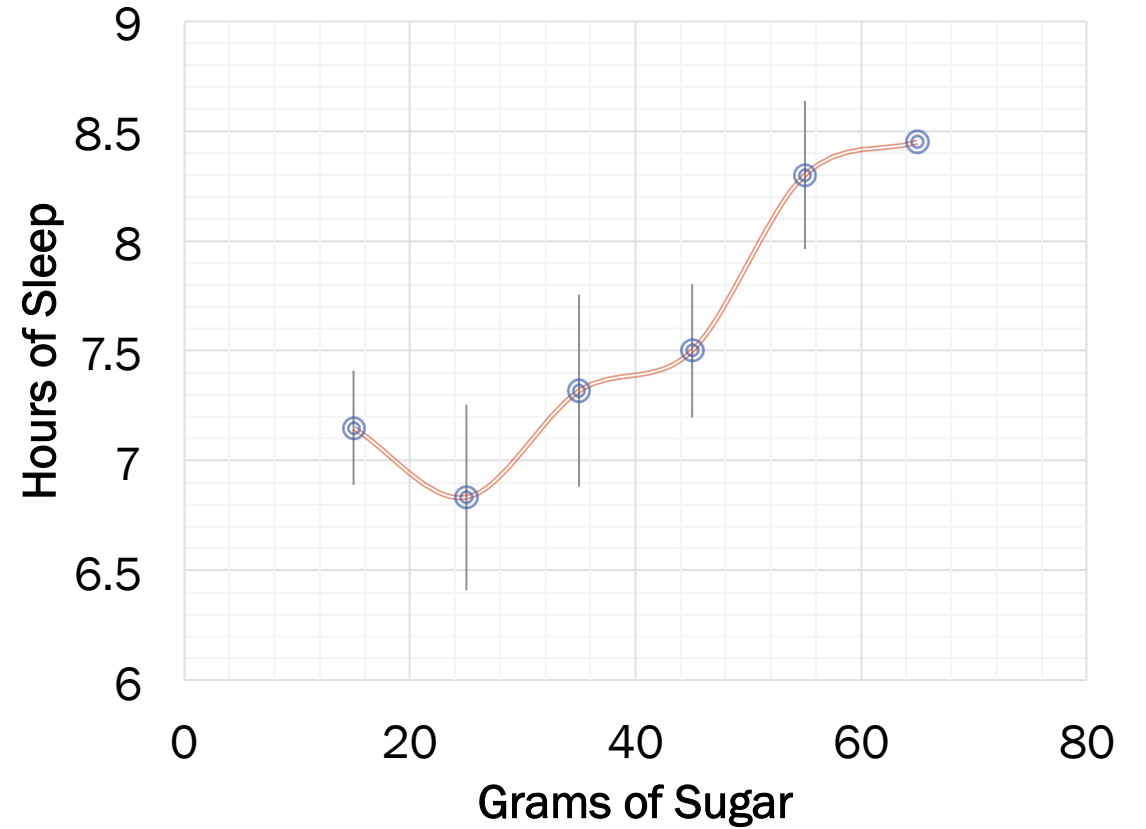
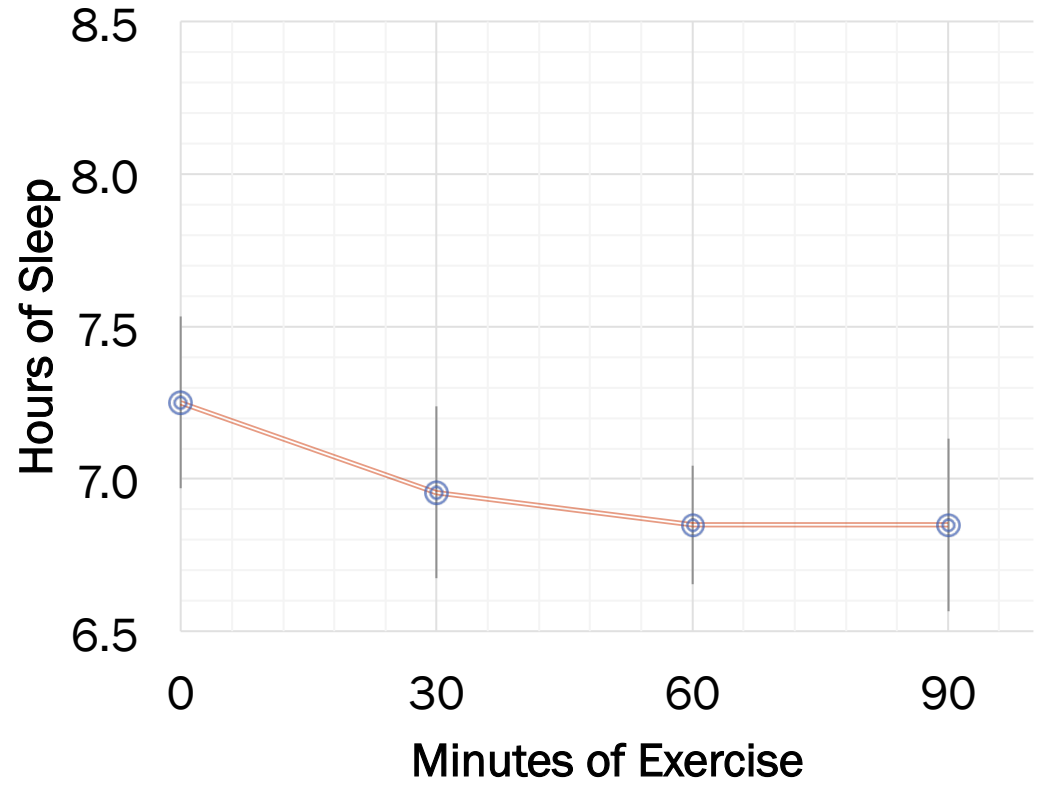


But my sleep regulates on a 14 day cycle

14 day moving average



Can I change my need for sleep?



Q: Are these additive benefits?

Why track moving averages and distributions?

- Changes in these metrics can be an early alert to a metabolic disorder of some nature (e.g. thyroid disease, tumor).
- Or tell you how your metabolism is changing as you age.
- Or whether you are getting better control of your metabolic regulation.



Mental Consumption

With MindTrack.io

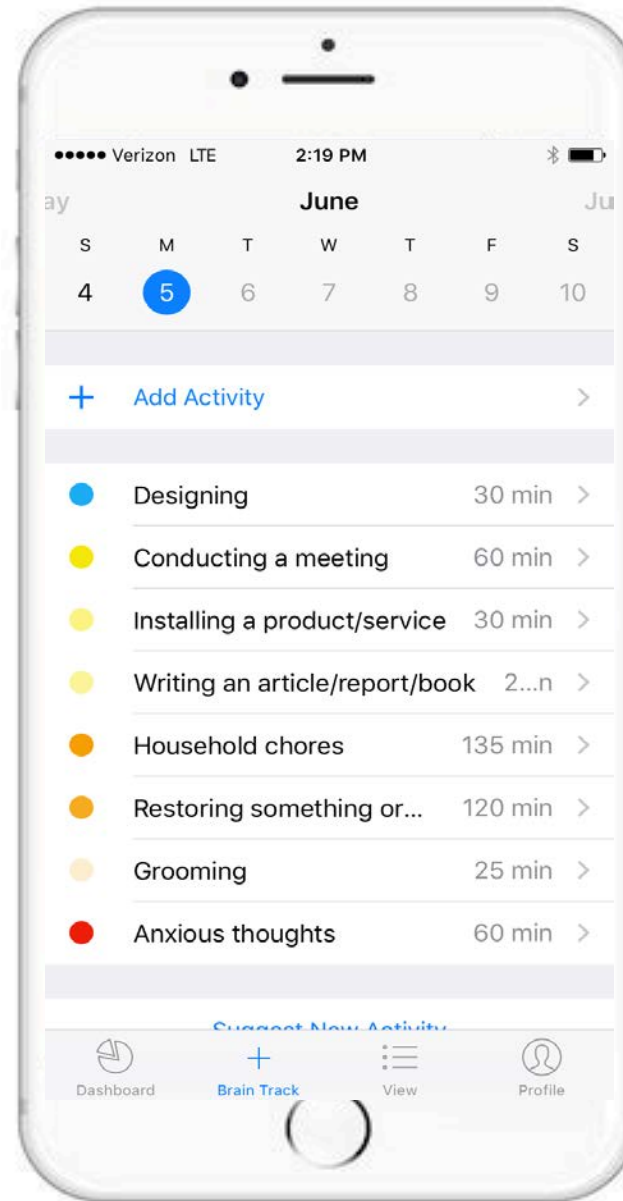
Tracks your mental inputs and outputs.

- Thinking
- Creating
- Maintaining
- Learning
- Self Care
- Undesirable

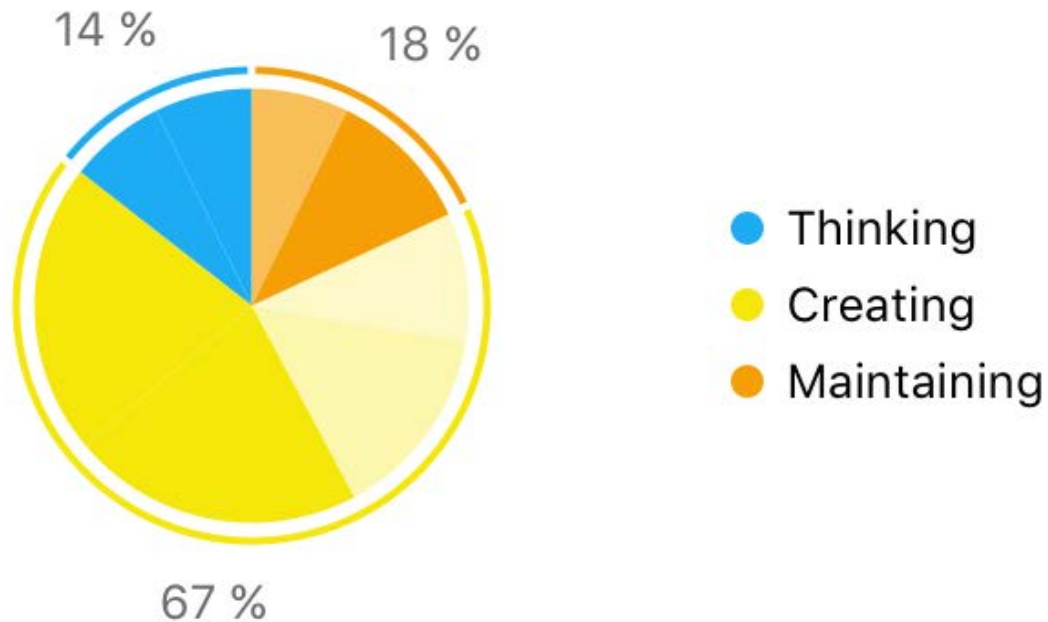
Productive Output

Productive Input

Destructive



Productive Output

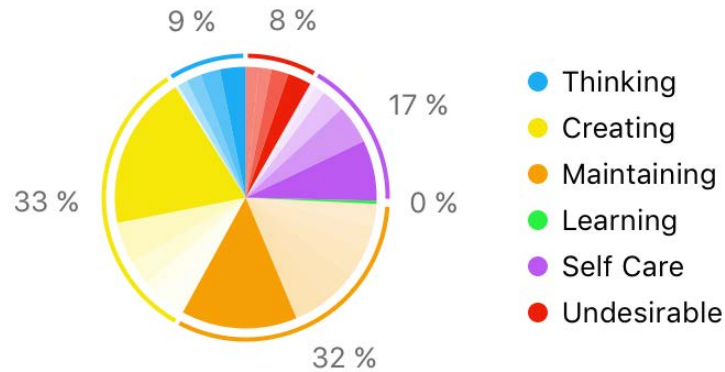
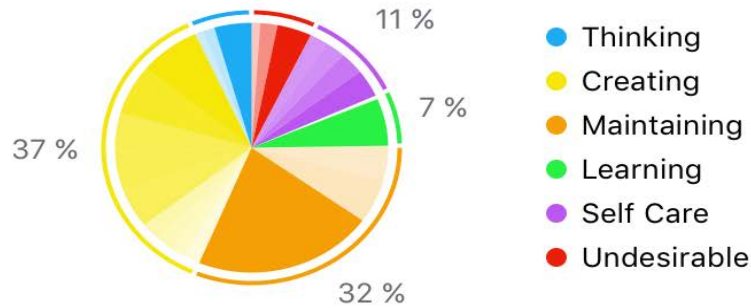
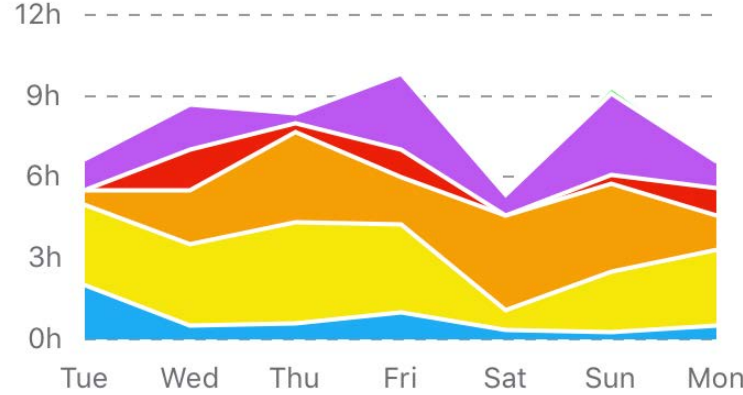
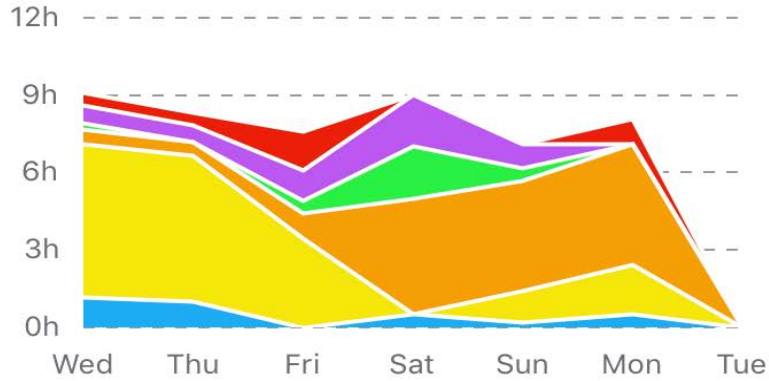


Average Productive Minutes: 425
Fluctuates between 415 and 525 mins

~7 hours

Where does the rest
of the time go?

Last Week



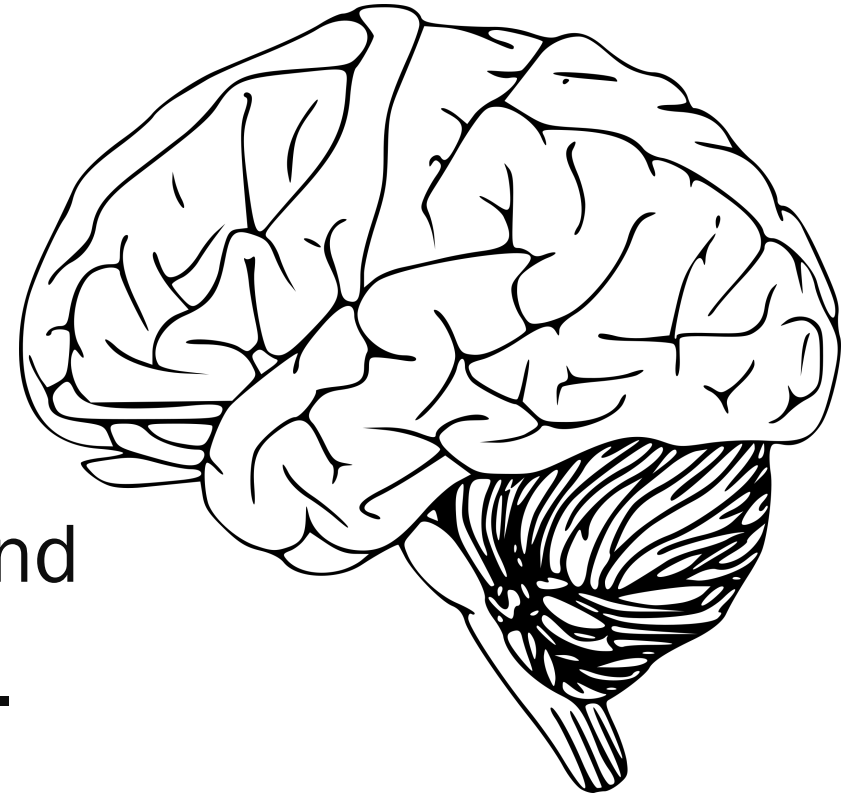
- Productive mins were lower than usual average about 395.

- Didn't spend much time reading/learning. Sometimes it slips away.

- Maintenance was higher than usual because I was moving.

How does my mind spend its time.

- ~7 hours of productive output a day with ~15% dedicated to thinking.
- Input to Output ratio is 20:80.
- ~6 hours of the day goes unaccounted and is filled with eating, driving, random stuff.



Tracking Quality

Hard to reduce some of these metrics but can track and work on their quality. App will soon also capture info on:

- Novelty
- Difficulty
- Focus
- Mood

The ultimate goal(s)

- Automated analytics dashboard linked to my apps.
- Alerts when my metabolic metrics show out of ordinary changes (e.g. sudden or gradual increases or decreases).
- Models to find the right combination of inputs that will lead to gains
- Synthesizing all metrics to produce a model of inputs to desired outcomes to enable.
- Linking to sensor data – particularly brain EEG.

Metabolic
Changes

Focus

Productivity

Mood

Interested in testing / using Mindtrack?

Thoughts/feedback?

We have an **OFFICE HOUR** on _____

Or contact me tara@sapienlabs.org

Interested in brain EEG and how to get insights and value from it?

Come to the **HOW TO** session at _____

Thank You!