

HOW FOOD-TRACKING SUPPORTED MY TRANSITION TO VEGETARIAN

JAKOB EG LARSEN
ASSOCIATE PROFESSOR,
TECHNICAL UNIVERSITY OF DENMARK
ORGANIZER QS COPENHAGEN

@JAKOBEGGLARSEN



JAKOB EG LARSEN

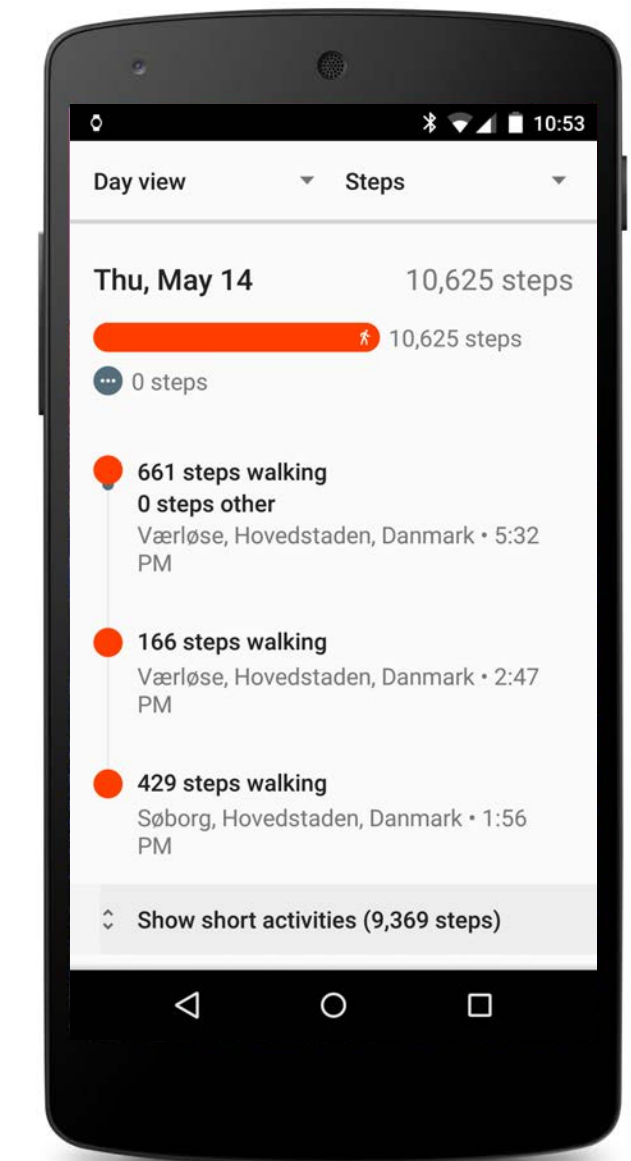
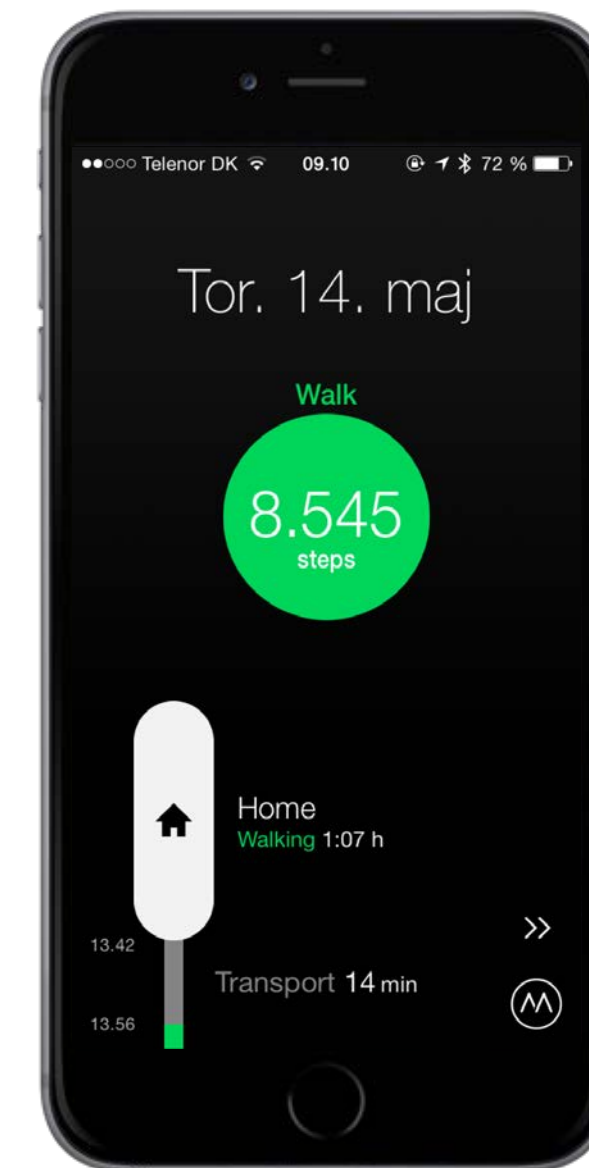
Associate Professor at
Technical University of Denmark (DTU)

Self-tracker

Organizer of QS Copenhagen



MY SELF-TRACKING EXPERIENCE









no meat — except fish and eggs

no dairy products (except cheese)

less carbohydrates

drink water, soya milk, tea, and juice

WHY?



30-DAY

MEALS

NO

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____
Water: _____

Things about today: _____

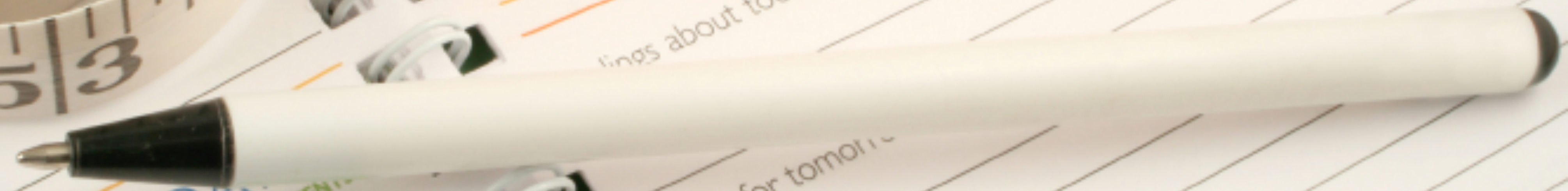
Goals for tomorrow: _____

Biggest change today: _____

Change so far: _____

DAY
MEASUREMENTS

Arms: _____
Stomach: _____
Waist: _____



Daily Food Log

Week of: _____

	Fat (g)	Carbs (g)	Calories	Notes
Sunday				
Breakfast: _____				
Snack: _____				
Lunch: _____				
Snack: _____				
Dinner: _____				
Dessert/Other: _____				
Total:				
Monday				
Breakfast: _____				
Snack: _____				
Lunch: _____				
Snack: _____				
Dinner: _____				
Dessert/Other: _____				
Total:				
Tuesday				
Breakfast: _____				
Snack: _____				
Lunch: _____				
Snack: _____				
Dinner: _____				
Dessert/Other: _____				
Total:				
Wednesday				
Breakfast: _____				
Snack: _____				
Lunch: _____				
Snack: _____				
Dinner: _____				
Dessert/Other: _____				
Total:				
Thursday				
Breakfast: _____				
Snack: _____				
Lunch: _____				
Snack: _____				
Dinner: _____				
Dessert/Other: _____				
Total:				
Friday				
Breakfast: _____				
Snack: _____				
Lunch: _____				
Snack: _____				
Dinner: _____				
Dessert/Other: _____				
Total:				
Saturday				
Breakfast: _____				
Snack: _____				
Lunch: _____				
Snack: _____				
Dinner: _____				
Dessert/Other: _____				
Total:				



THE SIMPLEST SOLUTION



DATA CAPTURE



IT STARTED WITH A ~~KISS~~ TWEET



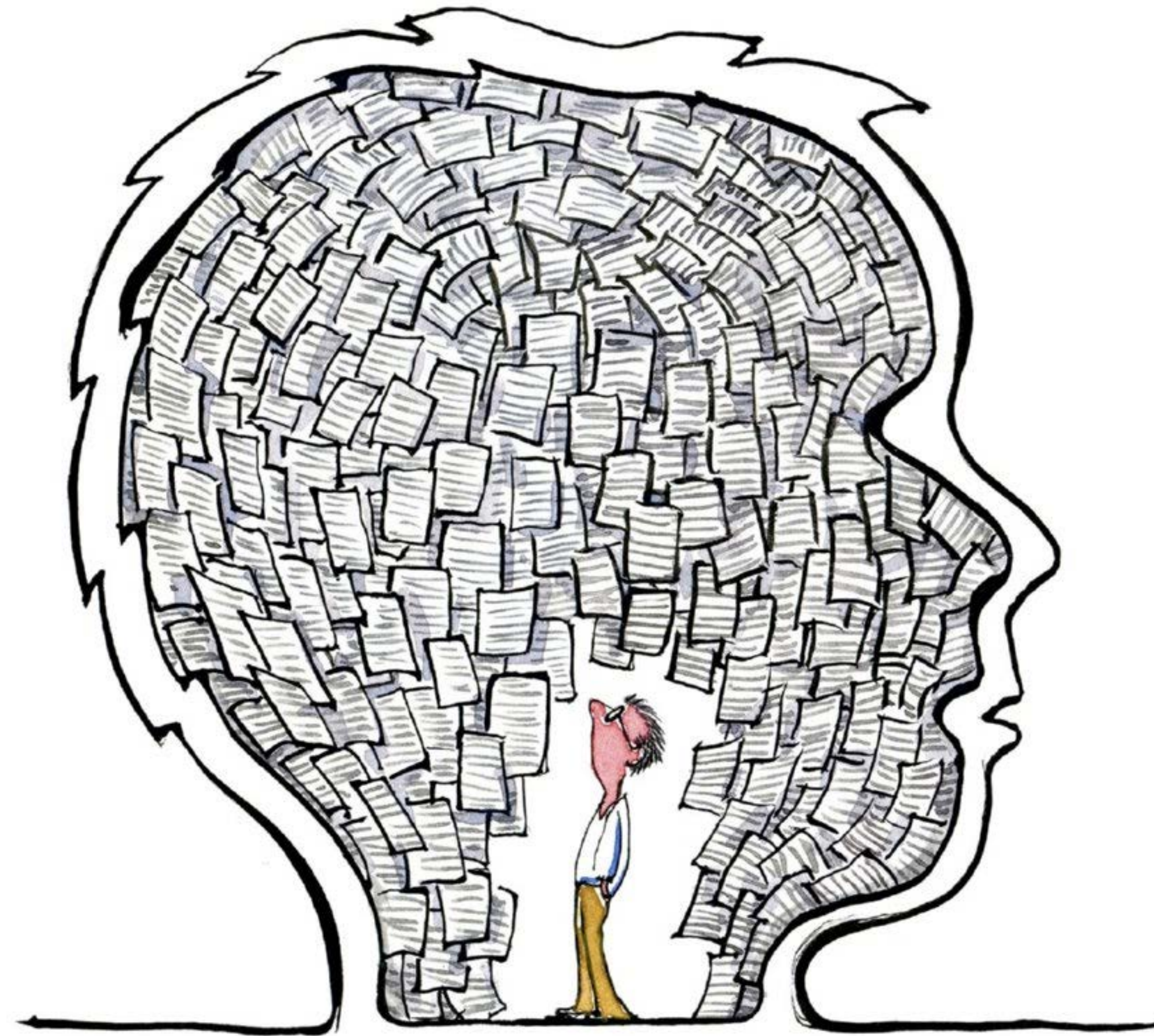
THE FIRST MONTH



INITIAL REFLECTION



A PICTURE IS WORTH A THOUSAND WORDS



July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 19:34 	2	3 06:57 	4 06:59 	5 18:20 
6 18:25 	7 17:42 	8	9 08:01 	10	11	12
13 14:49 	14	15 19:34 	16 18:55 	17 19:03 	18 19:04 	19 18:45 
20 18:41 	21 19:57 	22 18:52 	23 19:28 	24 19:28 	25 18:42 	26 17:44
27	28 18:53 	29 19:21 	30	31 08:21 		

April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 18:13 	2 18:36 	3 18:38 	4 18:54 
5 18:49 	6 18:06 	7 18:16 	8 19:03 	9 18:20 	10 18:26 	11 19:15 
12 17:19 	13 19:39 	14 18:38 	15 19:16 	16 18:18 	17 18:27 	18 18:58 
19	20	21 19:48 	22 19:12 	23 18:43 	24	25 18:29 
26 18:40 	27 19:05 	28	29 19:40 	30		

May 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

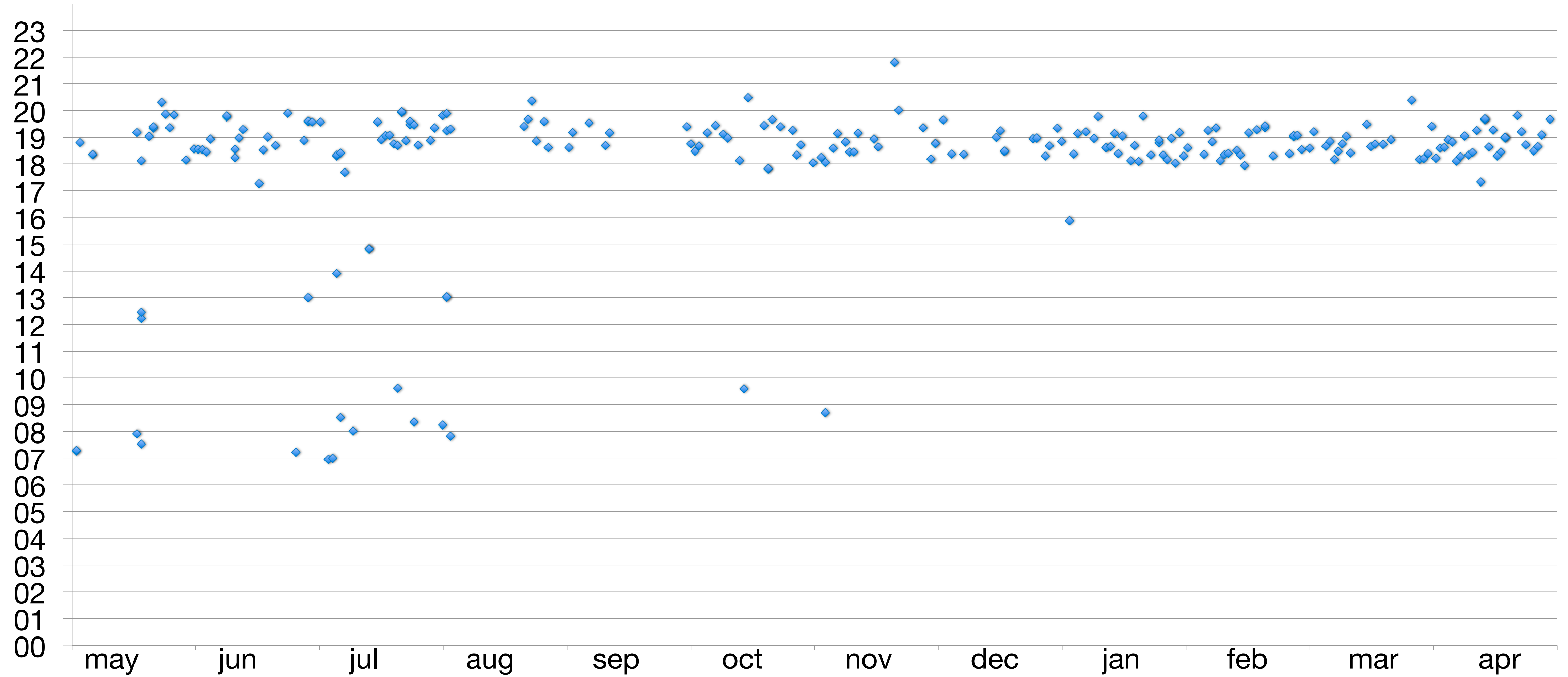
April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

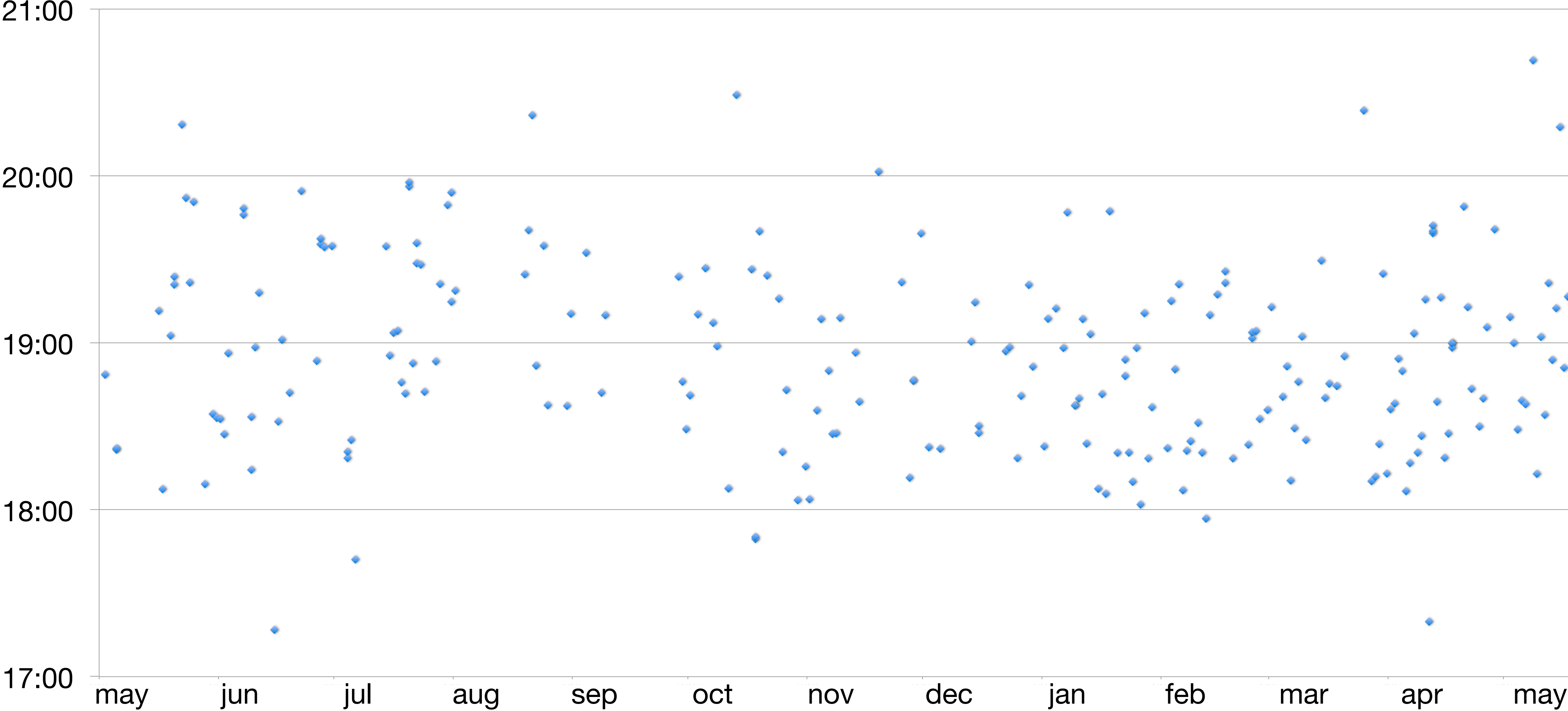
2014

2015

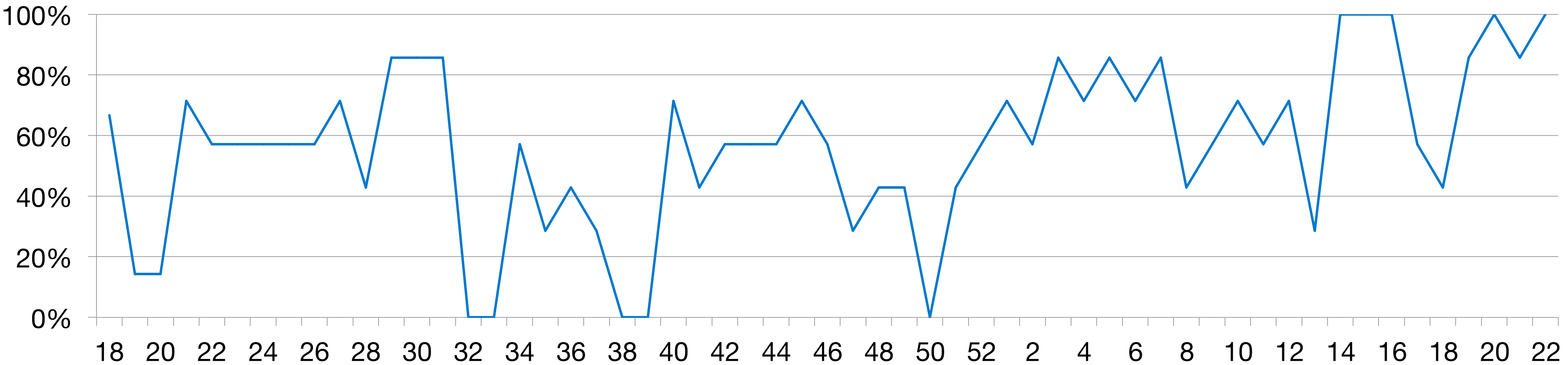
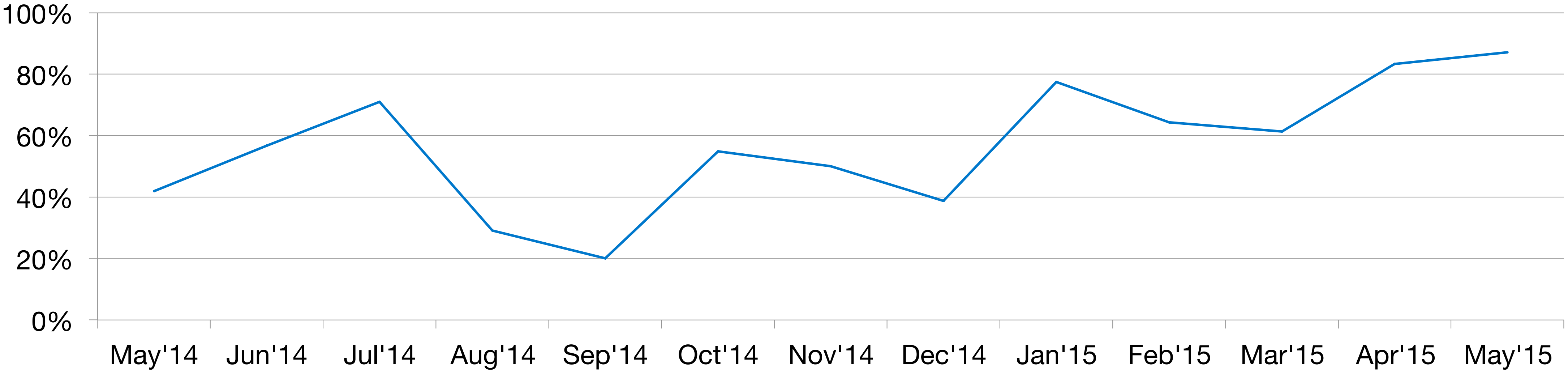
TIME OF DAY



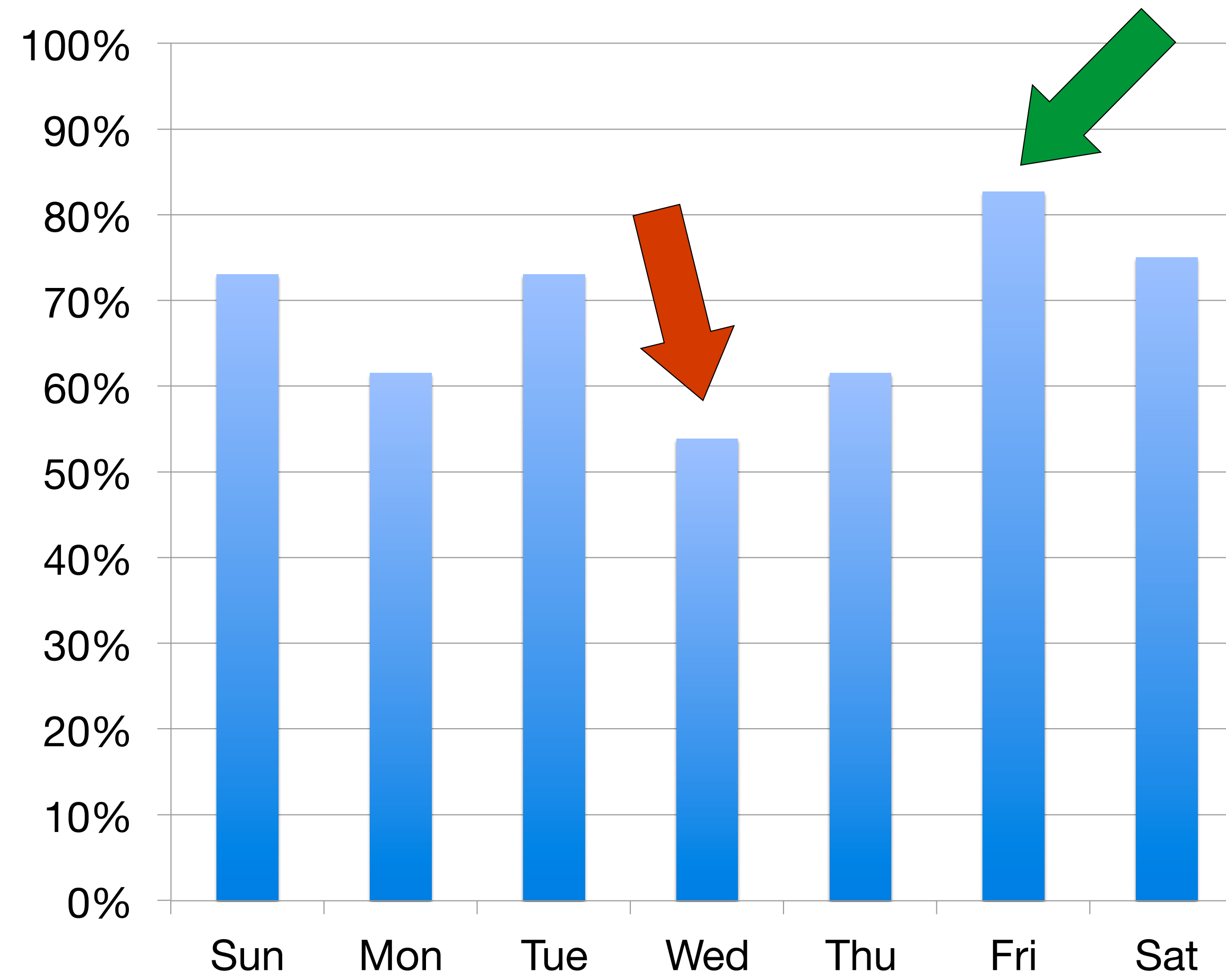
DINNER TIME



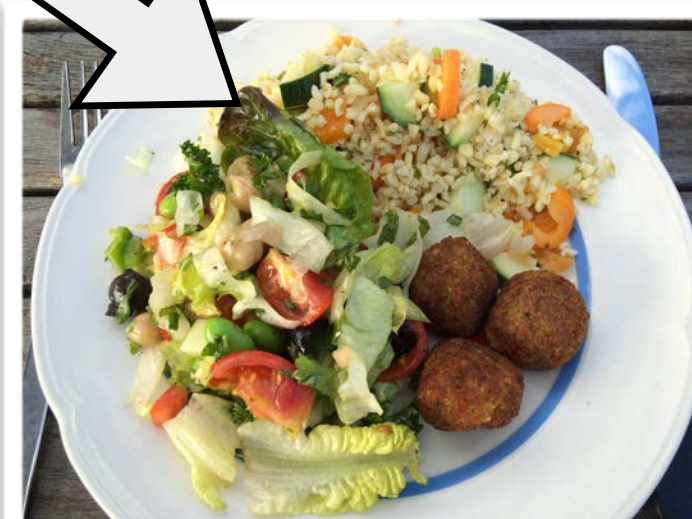
MONTHLY AND WEEKLY COMPLIANCE



LIKELIHOOD THAT I WILL TAKE A PHOTO











WHAT I DIDN'T LEARN

breakfast and lunch

ingredients

drinking

ANNOUNCEMENT

Breakout session
“Disasters in Quantified Self”

KEY LESSONS LEARNED

Attention to diet

Process and data

Manual tracking

Incomplete data

Little detail on ingredients

THANK YOU

JAKOB EG LARSEN
ASSOCIATE PROFESSOR,
TECHNICAL UNIVERSITY OF DENMARK
ORGANIZER QS COPENHAGEN

@JAKOBEGGLARSEN

