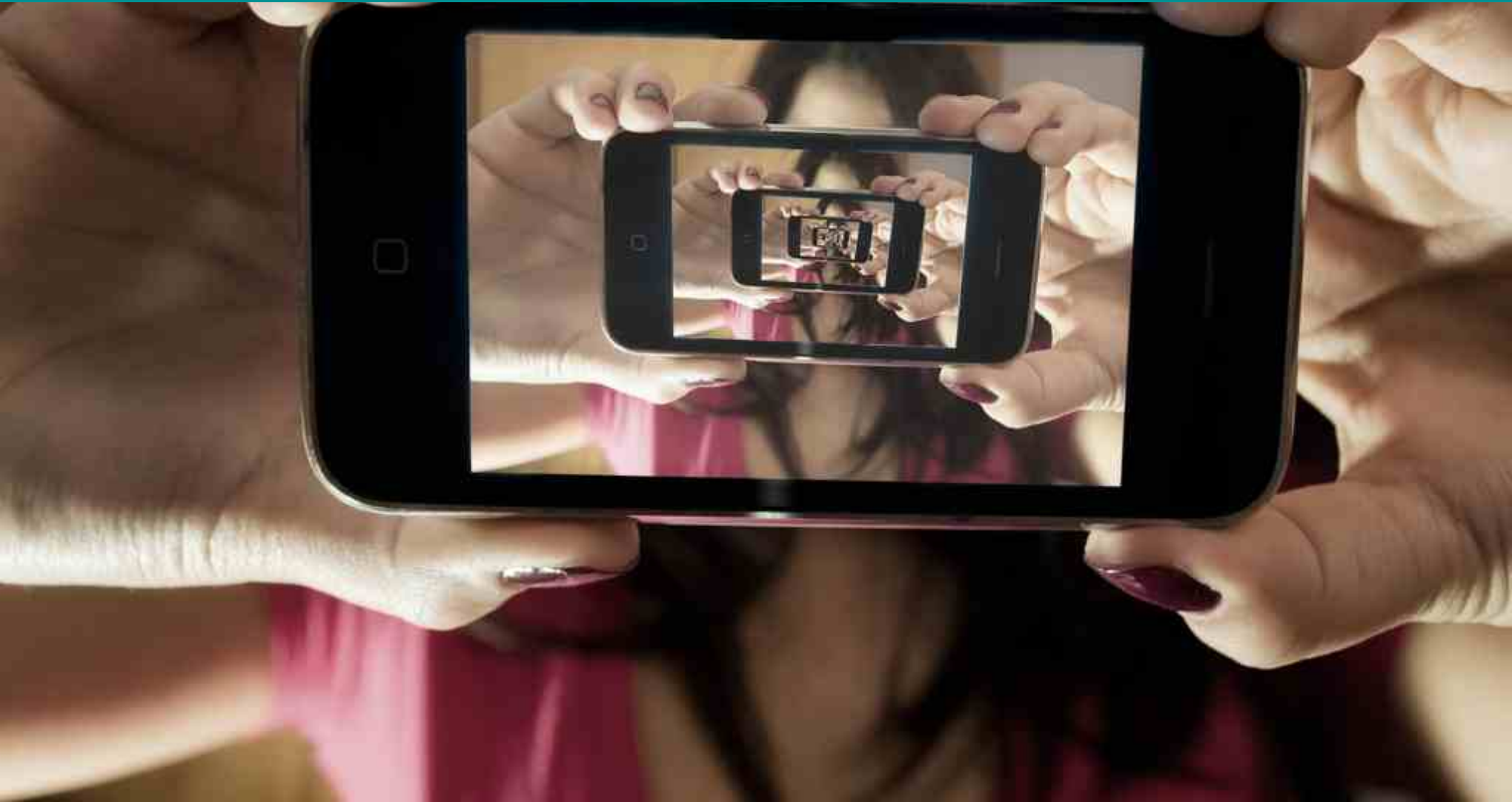


Quantified Self  
Europe 2014

# Quantifying Media Consumption



# Senior Firestarter



# Why Media Consumption?



Ian Forrester (BBC): "We research how personal data and storytelli..."

# (State + Context) Media consumption



Understanding how human state & context affects media consumption

# Tale of 4 very different people

We can do better than a media diary



# Choosing sensors



Body Mass



Electric Current



Atmospheric Pressure



Heading



Blood Oxygen Saturation



Relative Humidity



Blood Glucose



Blood Pressure



Elevation



Frequency



Voltage



Depth



Acceleration



Body Fat



Number of Steps



Weight



Altitude



Blood Alcohol Content



Illuminance



Pressure



Wavelength



Wind Speed



Angular Velocity



Angular Acceleration



Electric Resistance



Body Temperature



Force



Heat Transfer



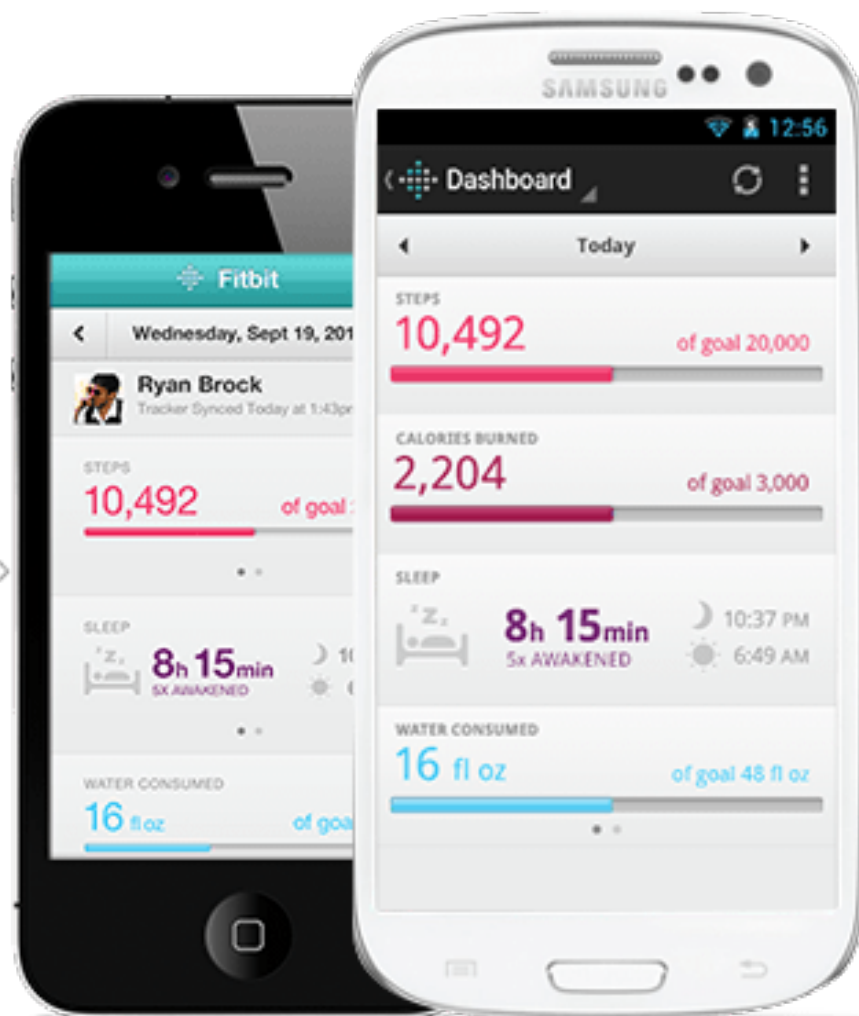
Irradiance



Impact



# Fitbit Flex



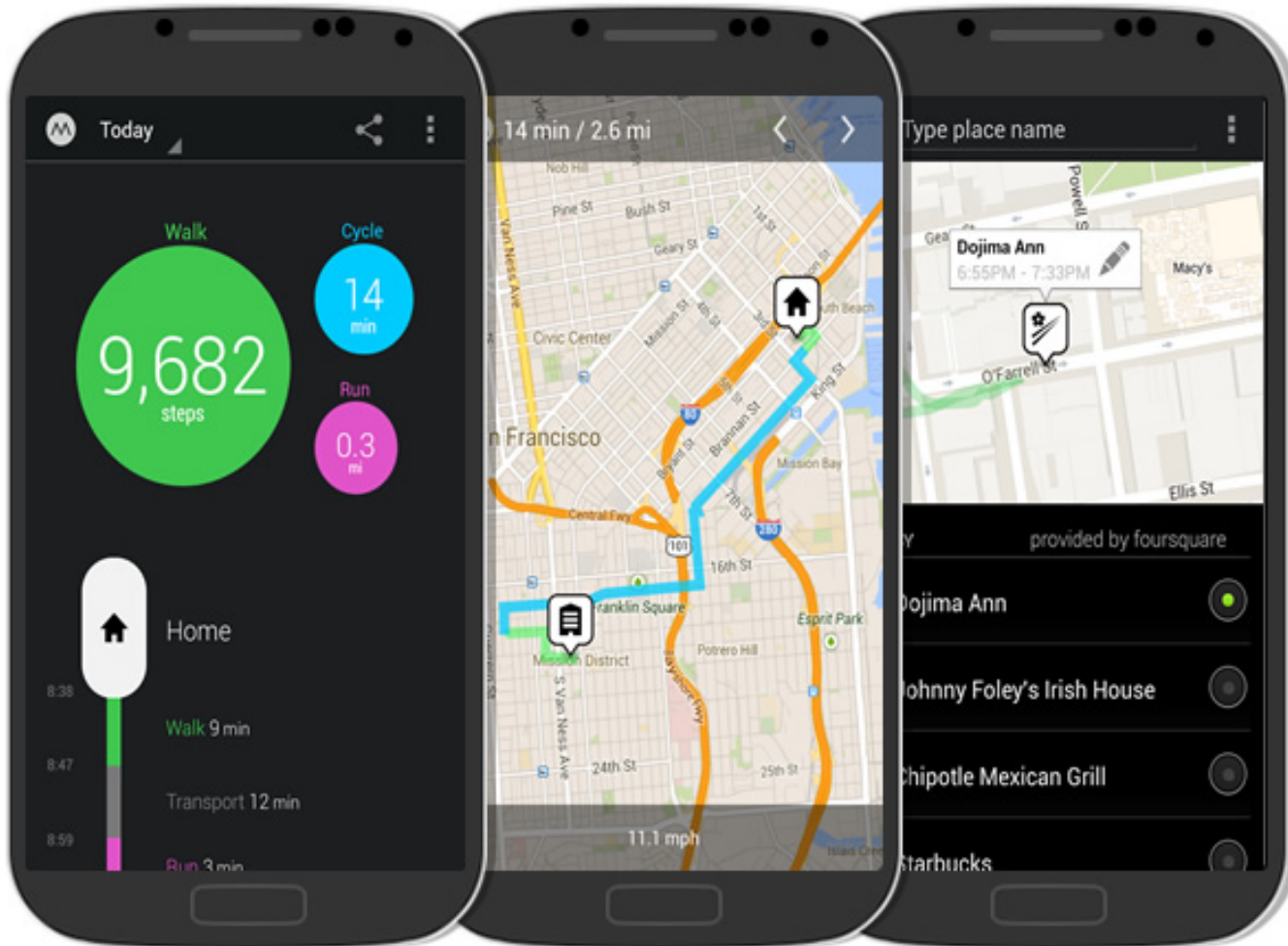
# Scosche Rhythm



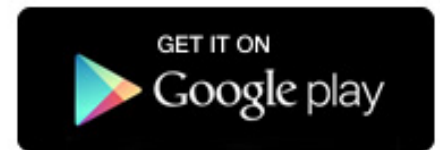
# Autographer



# Choosing apps



Free



# Scrobbling



Welcome to trakt, yo.

Track what you're watching. Discover new shows & movies.

Join the **trakt** community!

Sign in

# Last FM

lost.fm

Music search



Music

Listen

Events

Charts

Originals



cubicgarden



cubicgarden

Library

Friends

Tracks

Albums

Charts

More...

## Charts

weekly charts for tracks | [back to rolling charts](#)

APRIL						
31	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	1	2	3	4

2014

April

Unique Artists: 4

Total Tracks: 7

Total Plays: 10

Viewing charts for this week

Weekly cut-off is 12:00 Sunday GMT.

### Top Tracks for the week ending Sunday 6 April 2014

1	Digital Italic – The Uhura Deathstrike Mix	4
2	Digital Italic – 2014 slider mix	2
3	▶ Marlo – Boom (Original Mix)	1
3	Twit – The NSA Confirms it Spied on Americans	1
3	Twit – Yahoo's YouTube Envy	1
3	Stephen J. Dubner – How to Make People Quit Smoking	1
3	Twit – Amazon's Fire TV	1

# Trakt.TV

TV Shows **Time Watched**

Movies Time Watched

✓ Include Previously Seen

Monthly ▾

cubicgarden has spent 1 day, 3 hours, 38 minutes watching 41 episodes over the past month.

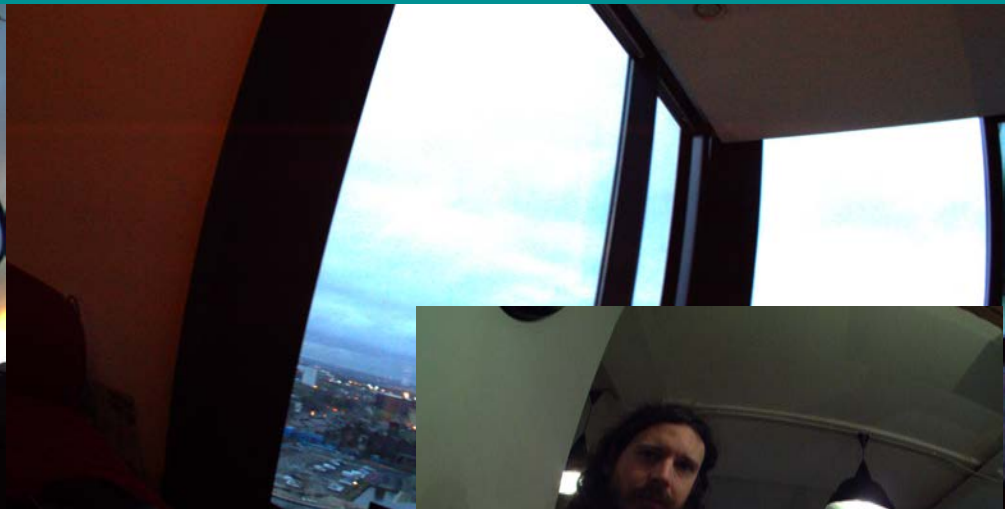
Crisis	4h 24m (5 episodes)	
First Dates	4h (4 episodes)	
Believe	3h 35m (5 episodes)	
The Tomorrow People (US)	3h 7m (4 episodes)	
Silicon Valley	2h 26m (5 episodes)	
Mixology	2h 14m (5 episodes)	
Person of Interest	1h 44m (2 episodes)	
From Dusk Till Dawn: The Series	1h 38m (2 episodes)	
The Big Bang Theory	1h 33m (4 episodes)	
W1A	1h 29m (3 episodes)	
Suits	1h 28m (2 episodes)	

# FitBit





# Autographer



# No Rhythm



# Dataportability

## How To Download Fitbit Data Using Google Spreadsheets: An Update

Posted on [February 19, 2013](#) by [Ernesto Ramirez](#)

If you're like me, then you're always looking for new ways to learn about yourself through the data you collect. As a long time Fitbit user I'm always drawn back to my data in order to understand my own physical activity patterns. Last year we showed you [how to access your Fitbit data](#) in a Google spreadsheet. This was by far the easiest method for people who want to use the Fitbit API, but don't have the programming skills to write their own code. As luck would have it one of our very own QS Meetup Organizers, [Mark Leavitt](#) from [QS Portland](#), decided to make some modifications to that script to make it even easier to get your data. In this video below I walk you through the steps necessary to setup your very own Fitbit data Google spreadsheet.



# My media diary

Google docs



# Google dashboard

« Data Tools

## Dashboard

YouTube

My videos

**36**

Favourites

**0**

[Manage YouTube account](#)

[Privacy settings](#)

[Connected accounts](#)

### Overview

Username [cubicgarden](#)

Name [Ian Forrester](#)

Gender [Male](#)

My videos **7** private **29** public

Most recent: [Birth of Acid House](#) on 17 Feb 2014

Playlists **0** private **3** public

Most recent: [Reviews](#) on 26 Nov 2013

Subscriptions **0** private **15** public

Most recent: [ONE ON ONE SERIES](#) on 28 Apr 2014

Contacts **1** private **0** public

Most recent: [LiveAliveHealing](#) on 20 Jul 2012

Most recent rating [Is this life a Dream? \(Inception version\) - Alan Watts](#) on 21 Apr 2014

Most recent comment [Ian Forrester \(BBC\): "We research how personal data and storytelling can be combined" #qseu2013](#) on 7 Apr 2014

### Account activity last 28 days

Viewed videos **109** ▲ 3% 

Searches **5**

Votes **1**  **0** 

Views of your uploaded videos **288** ▲ 2% 

# Media diary

## Friday

0835 - wired uk podcast 167 @ home  
0910 - tech news today @ home  
0932 - the uhara deathstrike mix –  
digital italic @ nexus5  
0955 - Spotify playlist @ north tea power  
2048 - Live DJ @ Soup Kitchen  
2255 - Mixology s1ep6 @ home  
2315 - Big Bang Theory s7ep19 @ home

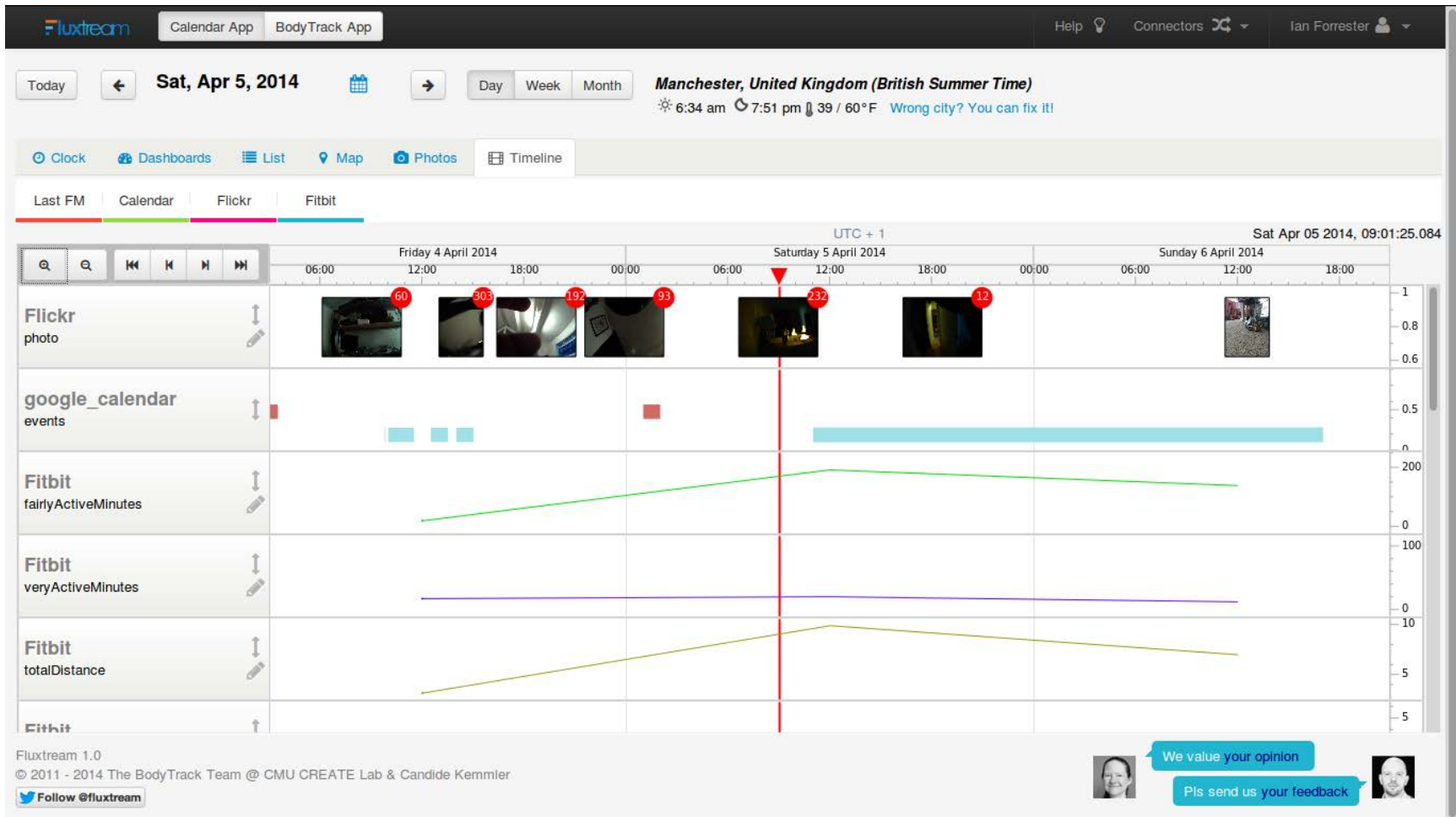
## Saturday

0830 - Guardian tech weekly @ home  
0905 - Jazz FM @ Vivid lounge  
0955 - the Firey drive mix - digital italic @ nexus5  
1940 - Big Bang Theory s7ep19 @ home  
2005 - Suits s3ep15 @ Home  
2100 - 47 Ronin @ Home  
2310 - Date and Switch @ Home

## Sunday

0730 - Tech News Tonight 59 @ Home  
2000 - W1a s1ep2 @ Home  
2030 - W1a s1ep3 @ Home  
2120 - Dusk till dawn S1ep2 @ Home  
2200 - Dusk till dawn S1ep3 @ Home  
2240 - Pepsi's Bus Shelter commercial explained - Click –  
BBC News @ Home  
2242 - Sight @ Home  
2249 - Zombies, Brains, and Tweets: The Neural  
Correlates of Social Media @ Home  
2257 - Reality of the Virtual @ Home  
2300 - Hands-On: Sony's 'Project Morpheus' PlayStation  
4 Virtual Reality Headset @ Home  
2314 - All New HTC One (M8) vs HTC One (M7) –  
Full Comparison @ Home  
2322 - All New HTC One (M8) Water Test –  
Water Resistant @ Home

# Insights?



# Would lifelogging be better?

## Lifestream Blog

Social data aggregation, lifelogging, quantified self and digital legacy.



CURATED NEWS

CREATE

LIFELOGGING / QUANTIFIED SELF

DIGITAL LEGACY

ARCHIVES

VIDEOS

## Lifelogging / Quantified Self

Lifelogging is the process of tracking personal data generated by our own behavioral activities. While Lifestreaming primarily tracks the activity of content we create and discover, Lifelogging tracks personal activity data like exercising, sleeping, and eating. This may sound a bit confusing but hopefully the distinction between the two makes sense. The **Quantified Self** movement takes the aspect of simply tracking the raw data to try and draw correlations and ways to improve our lives from it. You can read more about this on my post [here](#).



# Aggregating my media

## Friday

0835 - wired uk podcast 167 < LastFM  
0910 - tech news today < LastFM  
0932 - the uhara deathstrike mix - digital italic < LastFM  
0955 - Spotify playlist < GDocs  
2048 - Live DJ < GDocs  
2255 - Mixology s1ep6 < Trakt  
2315 - Big Bang Theory s7ep19 < Trakt

## Saturday

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0905 - Jazz FM < GDocs  
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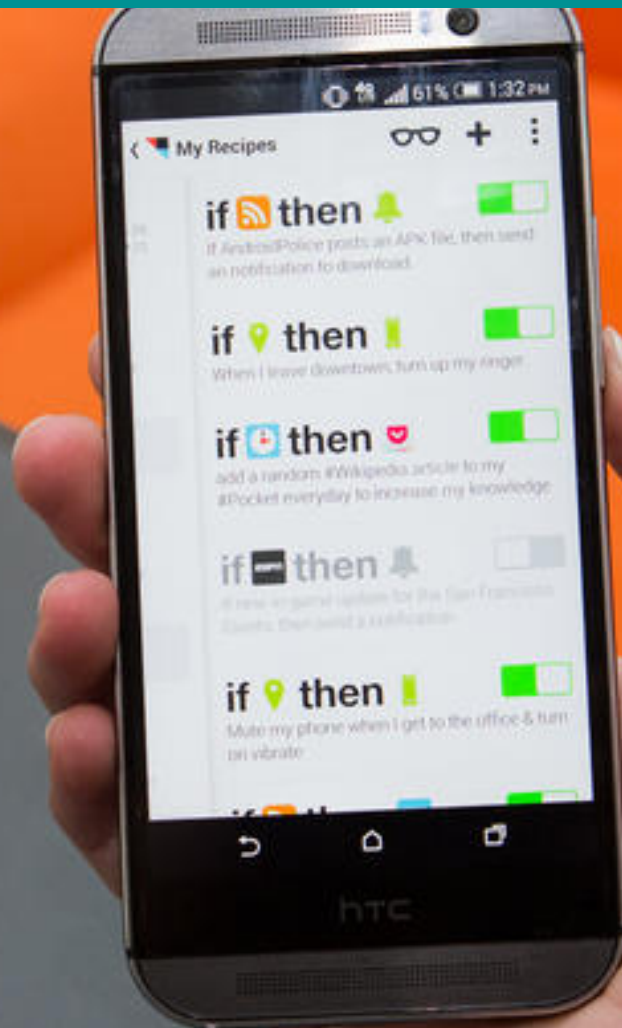
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Click - BBC News < GDash  
2242 - Sight < GDash  
2249 - Zombies, Brains, and Tweets: The Neural  
Correlates of Social Media < GDash  
2257 - Reality of the Virtual < GDash  
2300 - Hands-On: Sony's 'Project Morpheus' PlayStation 4  
Virtual Reality Headset < GDash  
2314 - All New HTC One (M8) vs HTC One (M7) –  
Full Comparison < GDash  
2322 - All New HTC One (M8) Water Test –  
Water Resistant? < GDash

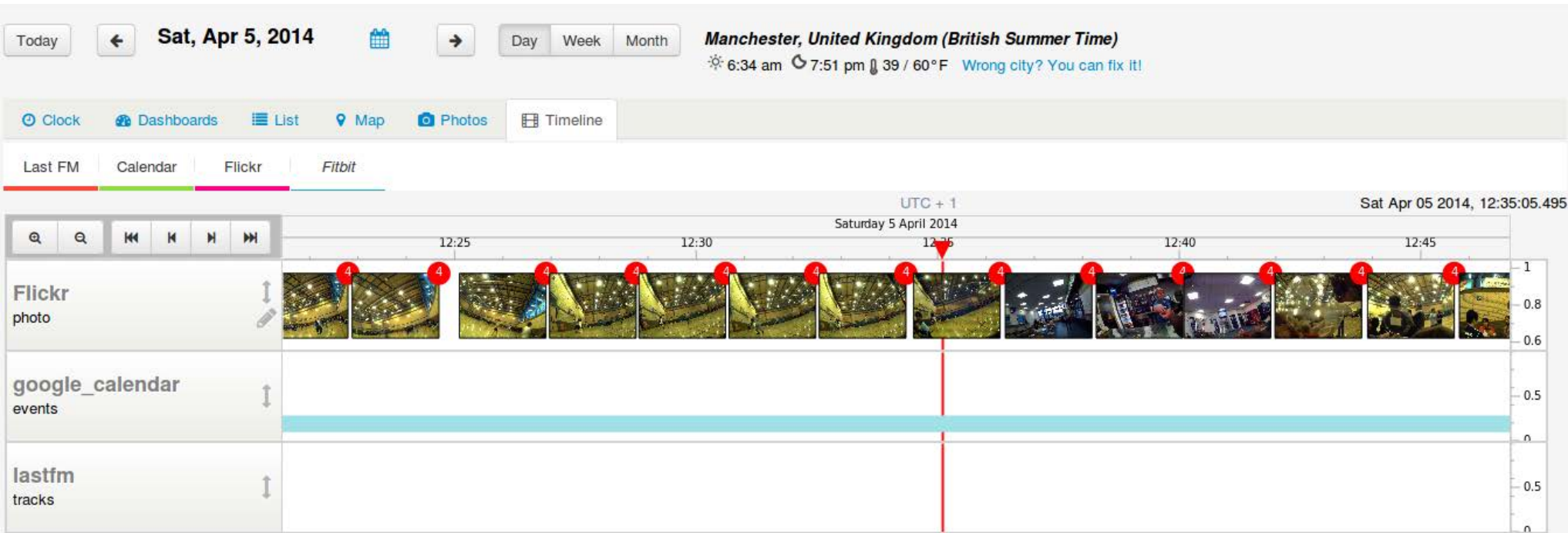
# Popular photo



# Mood, Sound tracking & IFTTT



# Using Fluxstream



# Bulk Viewing

TV Shows **Time Watched** Movies Time Watched ✓ Include Previously Seen Monthly ▾

cubicgarden has spent 1 day, 3 hours, 38 minutes watching 41 episodes over the past month.

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W1A	1h 29m (3 episodes)	
Suits	1h 28m (2 episodes)	

# Repeat Viewing

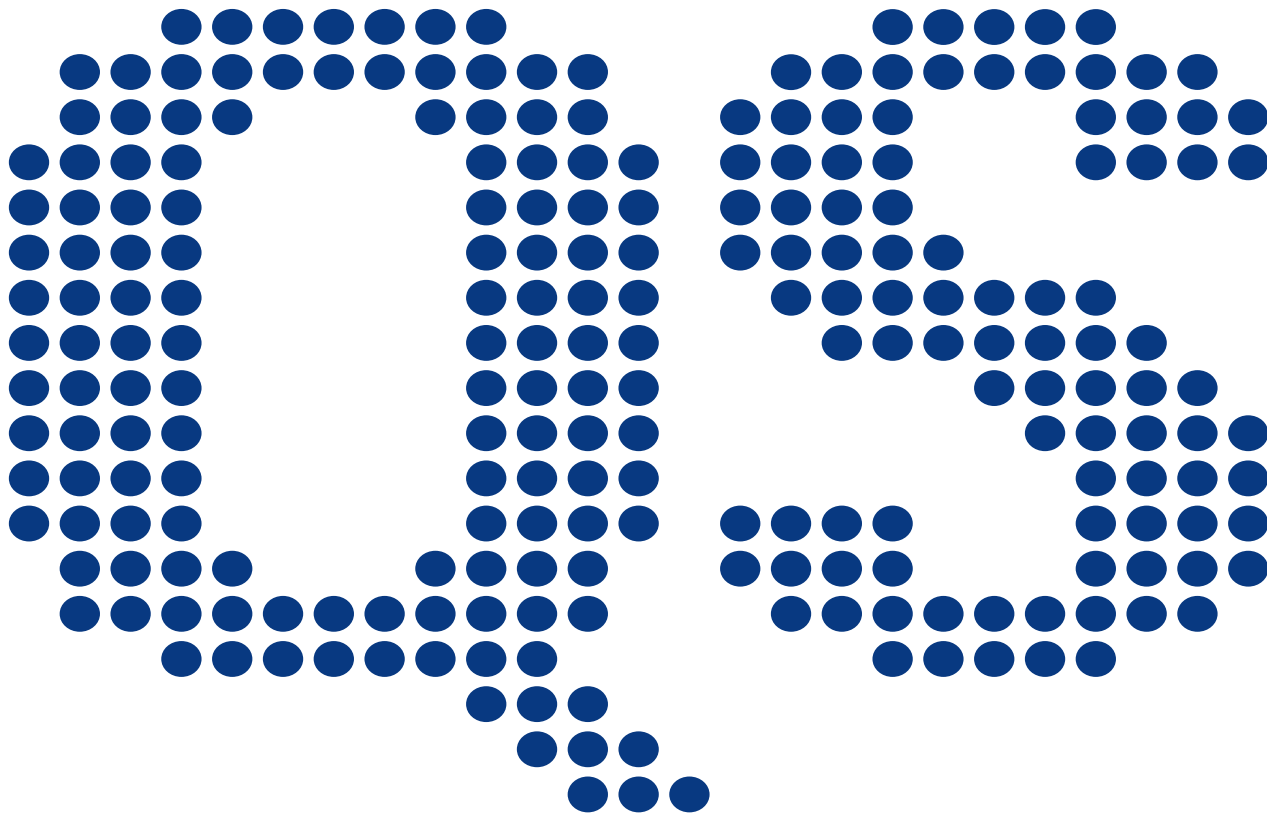
cubicgarden has spent 2 weeks, 4 days, 17 hours, 20 minutes watching 527 episodes over the past year.



Thanks for listening, any questions?



Ian Forrester | [ian.forrester@bbc.co.uk](mailto:ian.forrester@bbc.co.uk) | [@cubicgarden](https://twitter.com/cubicgarden) | cc:by-nc-sa



Quantified Self  
Europe 2014