

# Owning My Quantified Self Data

Aaron Parecki

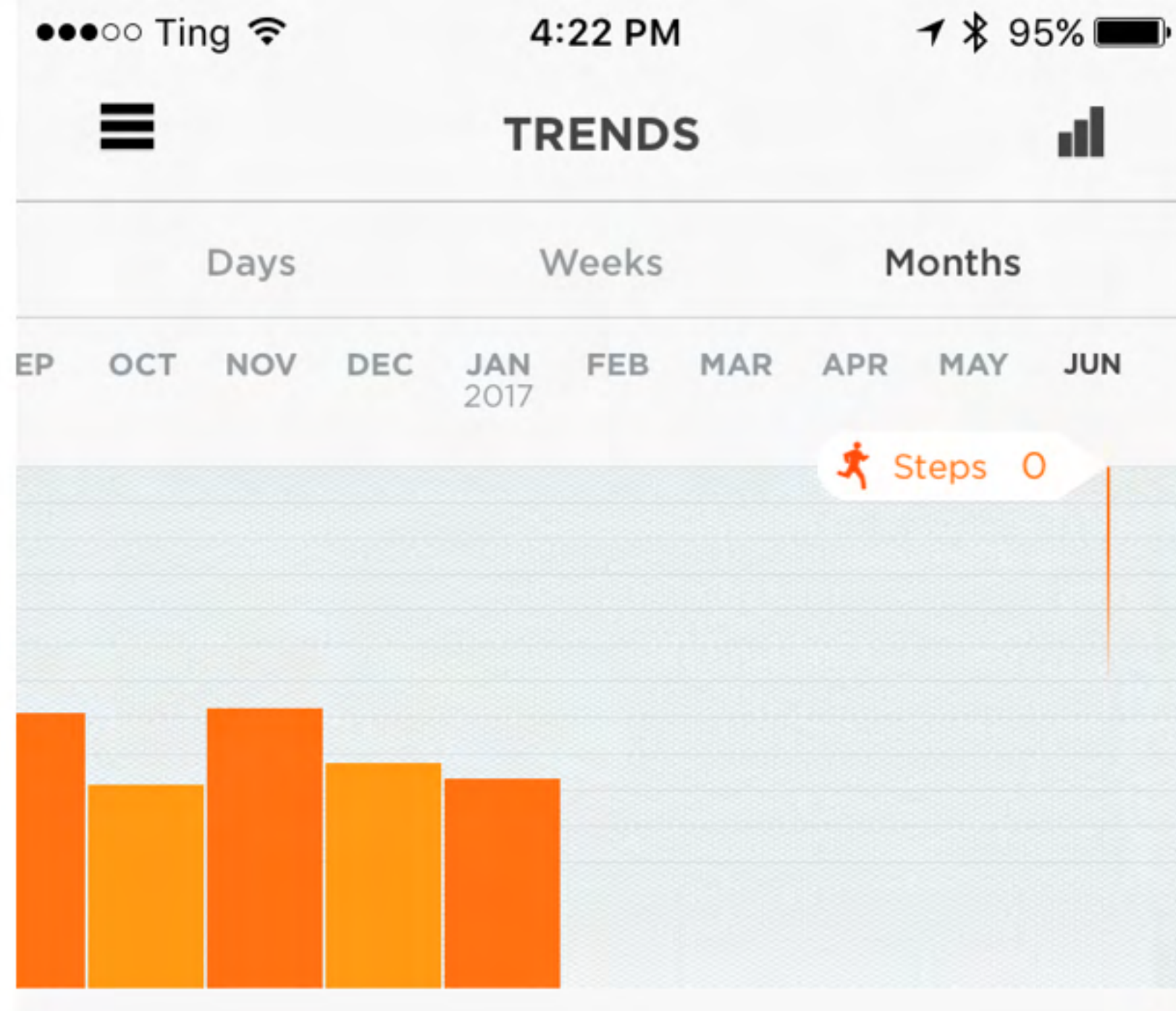
[aaronpk.com](http://aaronpk.com)

@aaronpk

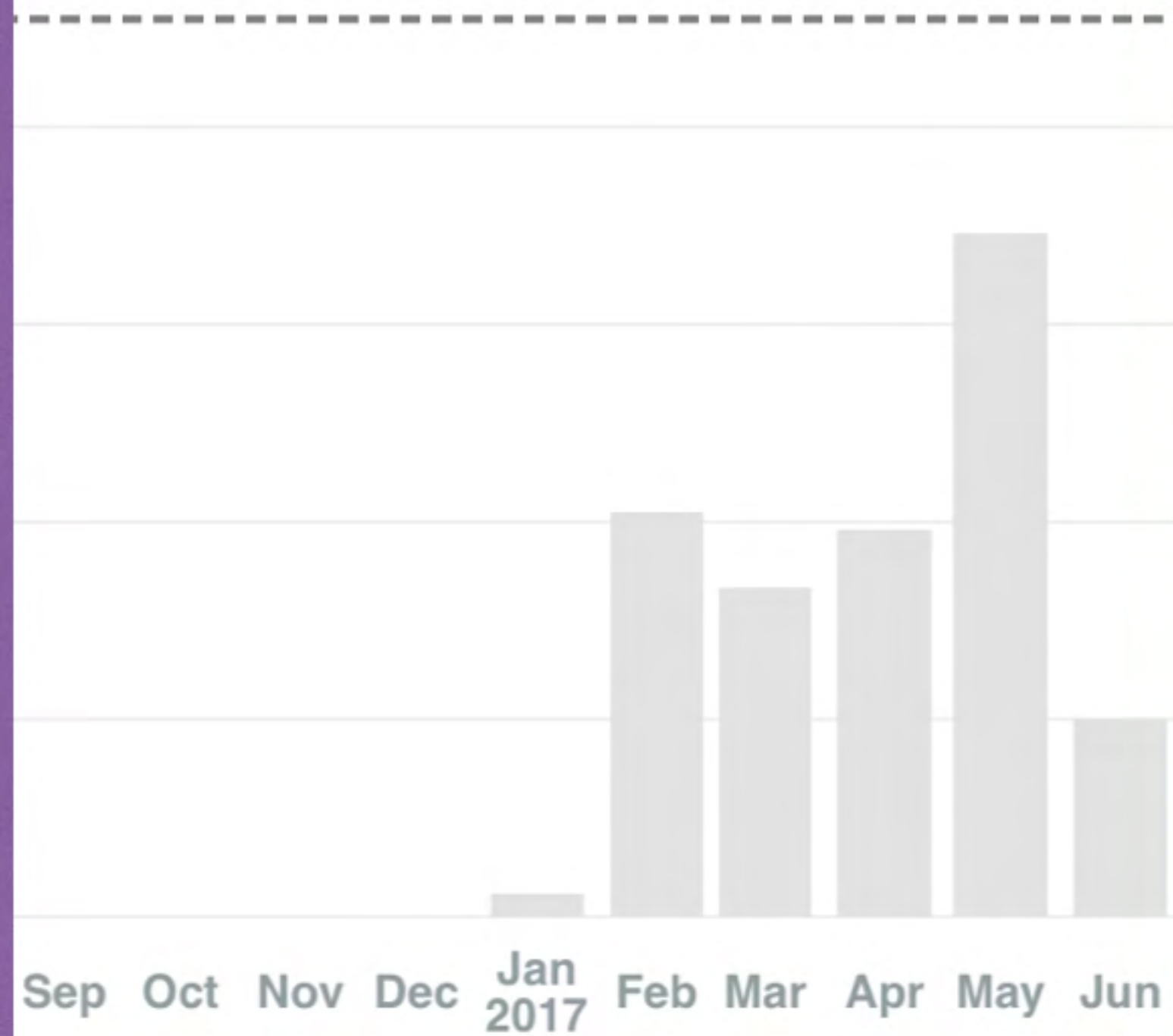








# JAWBONE UP





# Fitbit, why can't I have my data?

 Jeff Leek  2013/01/02


 [Fitbit](#) / [open data](#) / [quantified self](#)


I have a [Fitbit](#). I got it because I wanted to collect some data about myself and I liked the simplicity of the set-up. I also asked around and Fitbit seemed like the most “open” platform for collecting one’s own data. You have to pay \$50 for a premium account, but after that, they allow you to download your data.


Or do they?


I looked into the details, asked a buddy or two, and found out that you actually can’t get the really interesting minute-by-minute data even with a premium account. You only get the daily summarized totals for steps/calories/stairs climbed. While this data is of some value, the minute-by-minute data are oh so much more interesting. I’d like to use it for personal interest, for teaching, for research, and for sharing interesting new ideas back to other Fitbit developers.


Since I’m not easily dissuaded, I tried another route. I created an application that accessed the [Fitbit API](#). After fiddling around a bit with a few R packages, I was able to download my daily totals. But again, no minute-by-minute data. I looked into it and only [I have a [Fitbit](#). I got it because I wanted to collect some data about myself and I liked the simplicity of the set-up. I also asked around and Fitbit seemed like the most “open” platform for collecting one’s own data. You have to pay \$50 for a premium account, but after that, they allow you to download your data.


 Home


 About


 Archive


 Conferences

 Courses

 Interviews

 Contributing

 Twitter

 GitHub

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Built with [blogdown](#) and [Hugo](#). Theme [Blackburn](#).



# Bodymedia closing!

Quantified Self Apps & Tools



zane5546 Zane

Dec '15

I woke up this morning and saw this message went I went to sync my bodymedia device:

On Jan 31, 2016 support for BodyMedia FIT mobile and web applications will officially come to an end. This page is designed to help BodyMedia customers understand the impact of those changes. We'd like to thank our customers for their loyalty throughout the years.

BodyMedia FIT service is going away beginning at 11:59 pm ET Jan 31. You will no longer be able to access BodyMedia FIT on mobile or web, and a few BodyMedia FIT armband will stop working.

While I can't say it's totally unexpected as bodymedia has not sold sense I was disappointed. Because the bodymedia used four different sensors, I always preferred it to other fitness trackers that just relied on accelerometers. Plus, I used the web application and it provided an easy way to look at my intake vs. output. I'm really disappointed.

Anyone have any thoughts as to what would be the next best alternative? Maybe the Apple Watch or Basis Peak since they also track HR instead of just steps.



It is because of the close collaboration with the FIT team that the Pebble user experience

Pebble functionality and service may be reduced in the future.

collectively work to discontinue the transition for Pebble's customers.

For nearly ten years, FIT has been the pioneer and leader in creating innovative health and fitness focused devices and experiences that help people reach their wellness goals. They differentiated themselves from the competition with broad, cross platform compatibility, a range of price points, long battery life, and a focus on design so that devices can integrate seamlessly into our lives. These are all values we championed at Pebble, so aligning with FIT felt natural. The arrangements were finalized today for FIT to acquire our technology, software, and other intellectual property (IP). FIT will all share more about their plans in the





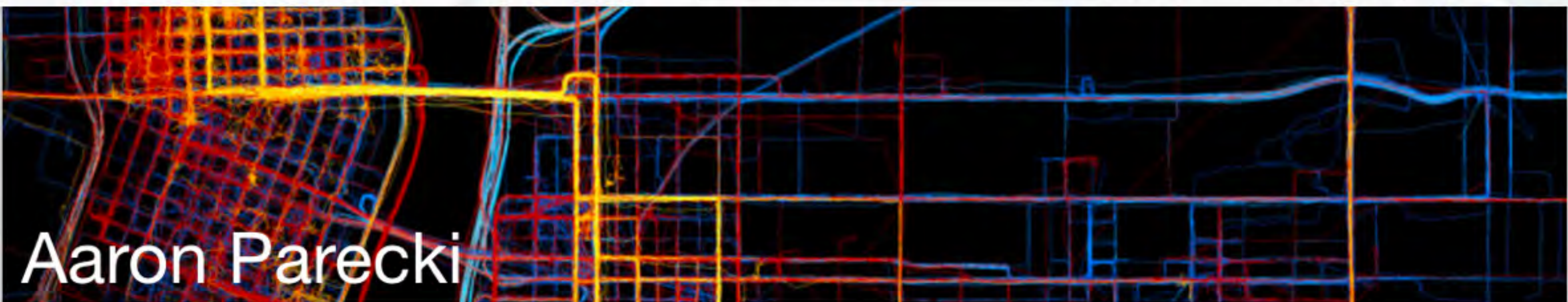
**Withings**

JAWBONE  
**UP**



**last.fm**





# Aaron Parecki

Hi, I'm Aaron, co-founder of [IndieWebCamp](#). I maintain [oauth.net](#), write and consult about [OAuth](#), and am the editor of the W3C [Webmention](#) and [Micropub](#) specifications, and co-editor of [WebSub](#).



I wrote [100 songs in 100 days!](#) I've been [tracking my location](#) since 2008, and write down everything I [eat](#) and [drink](#). I've [spoken](#) at conferences around the world about [owning your data](#), [OAuth](#), [quantified self](#), and explained [why R is a vowel](#).

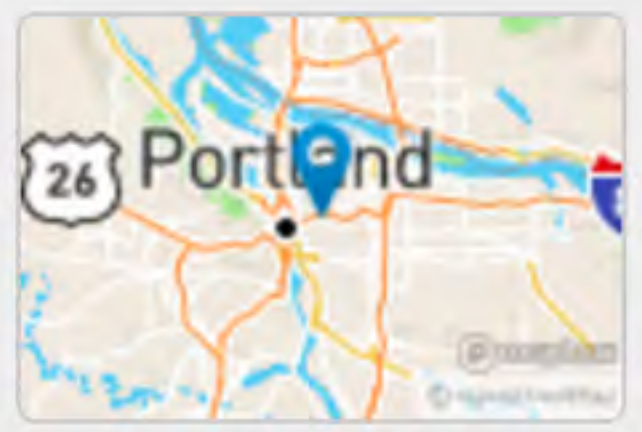
- IndieWebCamp Founder
- W3C Editor
- W7APK

These are a few of my favorite things.

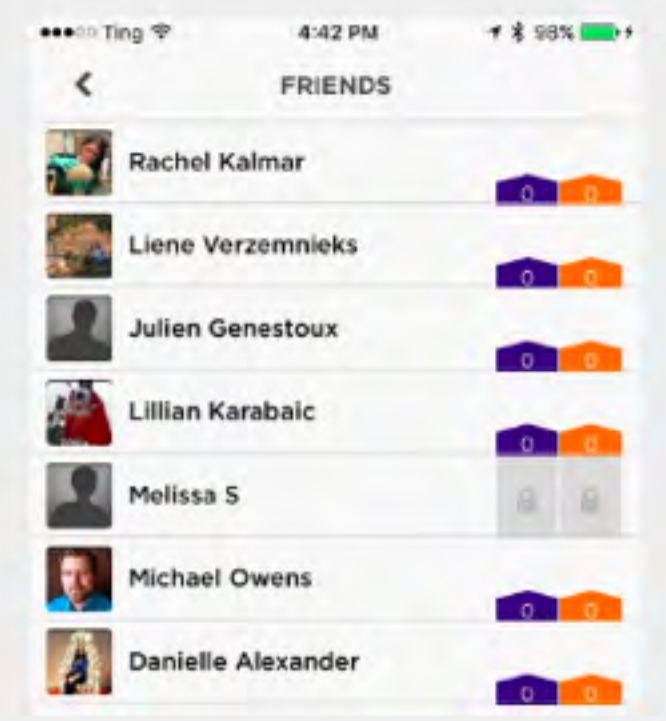
- 322 Articles
- 2741 Bookmarks
- 342 Checkins
- 2745 Notes
- 1276 Photos
- 2462 Rides



Slept 8h 02m  
10:19pm - 6:21am



Checked in at  
**Tails & Trotters**  
3:57pm



## Quantified Self 2017



9:00am - 5:00pm (+0200)






# **MICROPUBLIC ROCKS!**

<https://micropublic.rocks>



# Checkins

📍 Düsseldorf, Nordrhein-Westfalen  
👤 10 Coins  
Sun, May 14, 2017 7:18pm +02:00

 at [sipgate GmbH](#)  
Dusseldorf, North Rhine-Westphalia, Germany • Sun, May 14, 2017 9:17am  
[#indiewebcamp](#) day 2!



📍 Düsseldorf, Nordrhein-Westfalen  
👤 10 Coins  
Sun, May 14, 2017 9:17am +02:00  
[#indiewebcamp](#)



OwnYourSwarm



aaronpk.com



# Weight

Portland, Oregon  
Thu, May 25, 2017 6:49pm -07:00



148.0lbs  
Weight

15.6%  
Body Fat

Portland, Oregon

Wed, Mar 29, 2017 11:20pm -07:00



149.0lbs  
Weight

17.1%  
Body Fat

Portland, Oregon

Sat, Mar 11, 2017 6:54am -08:00



148.1lbs  
Weight

16.1%  
Body Fat

Portland, Oregon

Thu, Feb 23, 2017 3:13pm -08:00



146.1lbs  
Weight

15.5%  
Body Fat

Portland, Oregon

Mon, Feb 6, 2017 6:06pm -08:00

Withings



aaronpk.com



# Sleep

New York, New York, USA

Sat, May 14, 2016 8:03am -04:00 UP

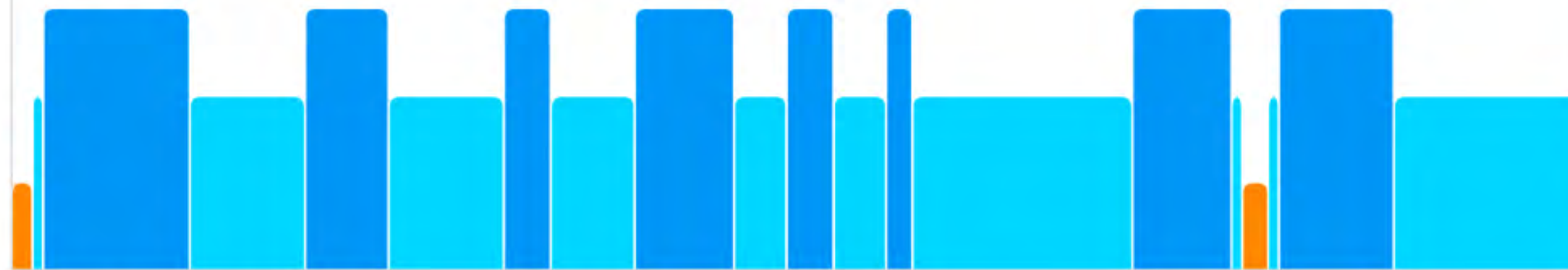


10:52pm  
Asleep

8:06am  
Awake

9h 01m  
Slept

22m  
Awake for



New York, New York, USA

Fri, May 13, 2016 8:06am -04:00 UP



1:47am  
Asleep

6:13am  
Awake

4h 11m  
Slept

27m  
Awake for



Düsseldorf, Nordrhein-Westfalen, DEU

Thu, May 12, 2016 6:13am +02:00 UP

JAWBONE  
UP



Some Code



aaronpk.com



# Sleep

Nürnberg, Bayern, DEU

Fri, May 19, 2017 7:05am +02:00

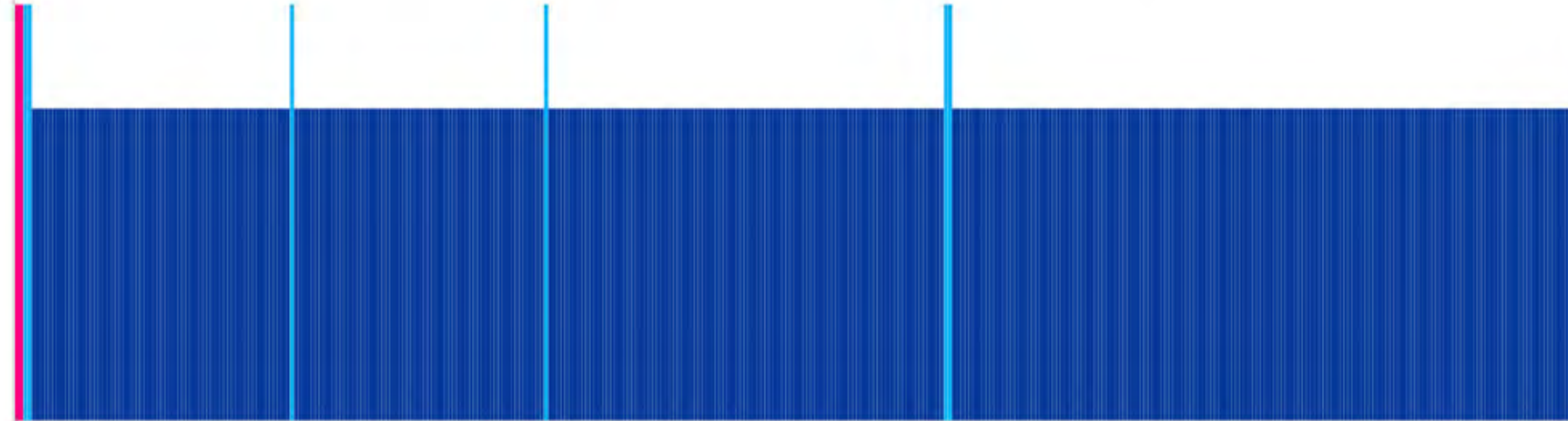


11:52pm  
Asleep

6:08am  
Awake

6h 16m  
Slept

08m  
Awake for



Nürnberg, Bayern, DEU

Thu, May 18, 2017 6:08am +02:00

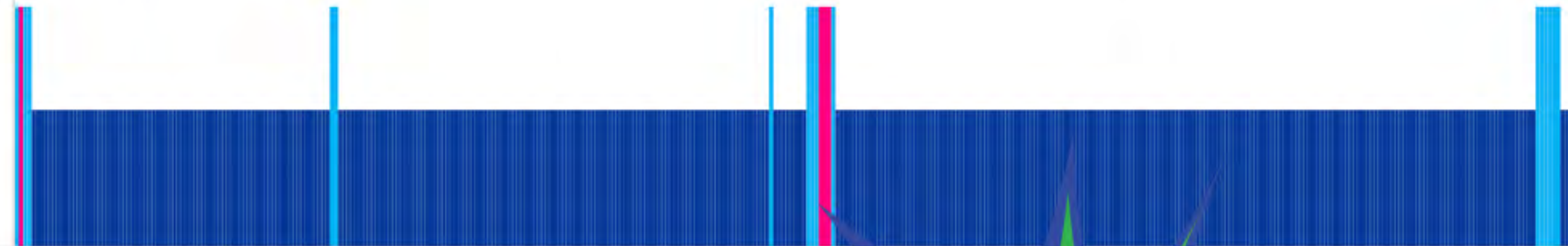


12:28am  
Asleep

6:46am  
Awake

6h 18m  
Slept

20m  
Awake for



fitbit



Some Code



W3C

**MICROPUB  
ROCKS!**



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Thu, May 25, 2017 6:53pm -07:00

# Bike Rides



Ride

4.12mi

Distance

31:20

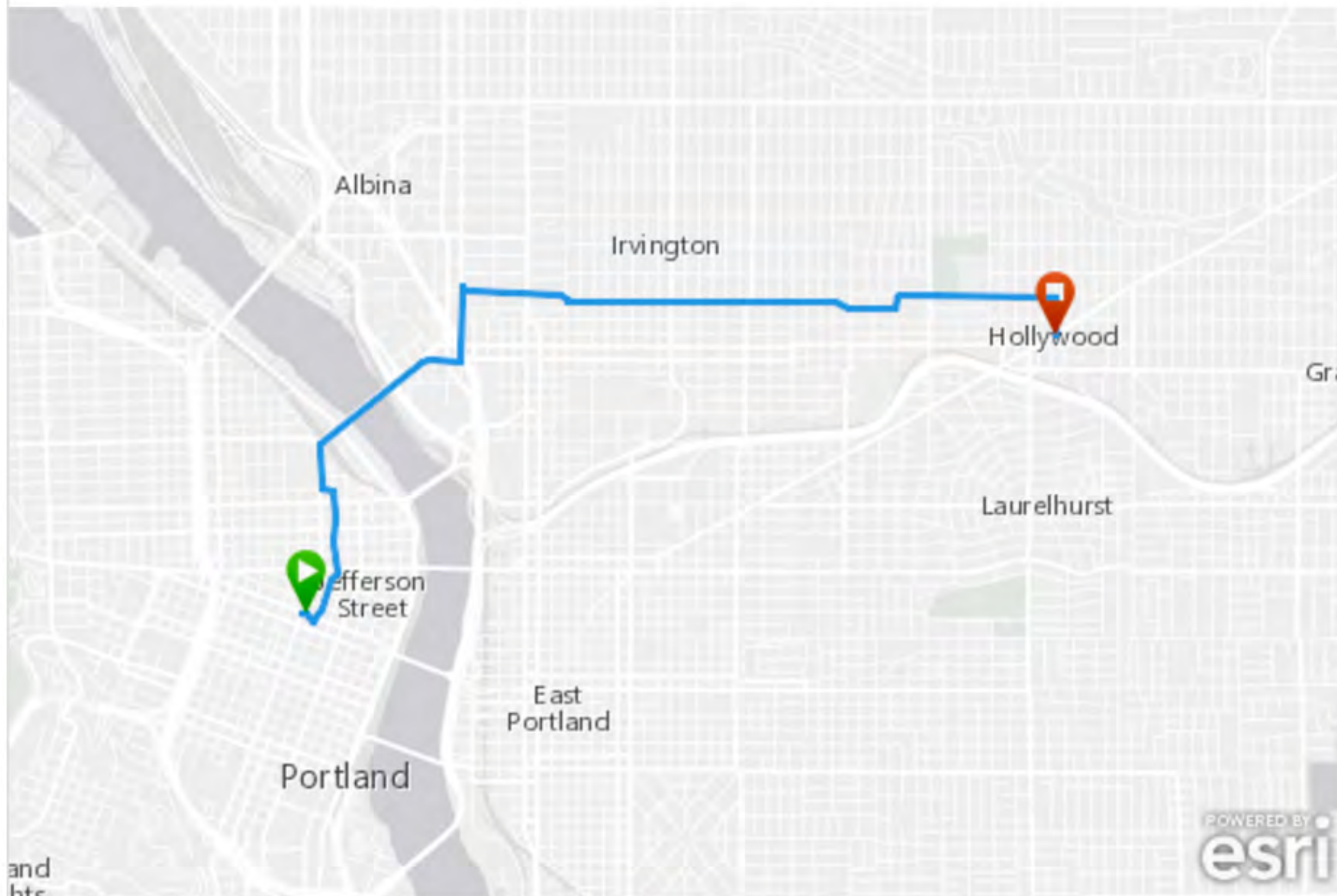
Duration

7:26pm

Start

7:57pm

End



and  
h/c

Portland, Oregon

Wed, May 24, 2017 7:57pm -07:00



W3C

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ROCKS!**




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# Flights

✈	5244.17mi	655:02	1:17pm	5:15pm
Plane	Distance	Duration	Start	End



Map showing flight path from Salt Lake City (SLC) to London (LHR). The path is a blue line curving over the Atlantic Ocean. A red location pin is at SLC and a green location pin is at LHR. The map is powered by Esri.

📍 Lanark, Lanarkshire  
Tue, Sep 27, 2016 12:15am +01:00

London (LHR) to Salt Lake City (SLC)



Some Code



aaronpk.com



Wed, May 24, 2017 12:20pm -07:00

# Food



Ginger Carrot Soup



Portland, Oregon, USA

Wed, May 24, 2017 12:19pm -07:00



W3C

**MICROPUB  
ROCKS!**



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# Drink



Coffee

📍 Nürnberg, Bayern, DEU

Sun, May 21, 2017 7:50am +02:00



Negroni



W3C

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ROCKS!**



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# Tweets

PDX ✈️ Reykjavik ✈️ Amsterdam!

📍 Portland, Oregon, USA

Thu, Jun 15, 2017 4:30pm -07:00

#travel

Last Homebrew Website Club before IndieWeb Summit!

[indieweb.org/events/2017-06-07-homebrew-website-club](http://indieweb.org/events/2017-06-07-homebrew-website-club) Come enjoy pizza and drinks and talk about the #indieweb! 🍕 🍷 🎉

📍 Portland, Oregon

☆ 1 like

Wed, Jun 7, 2017 10:16am -07:00

#indieweb #hwcpdx

Just posted all of yesterday's #dotnetfringe videos! 🎥 🎉

[www.youtube.com/playlist?list=PLwZVRWVJepJtK6UZD-m2VLU2k2V-O5OrG](http://www.youtube.com/playlist?list=PLwZVRWVJepJtK6UZD-m2VLU2k2V-O5OrG)

📍 Portland, Oregon

☆ 4 likes 🔄 2 reposts

Tue, Jun 6, 2017 8:33am -07:00

#dotnetfringe

Last night I went to bed when it was still light out and woke up when it was already light out.

📍 Portland, Oregon, USA

☆ 8 likes 💬 5 replies

Mon, Jun 5, 2017 9:05am -07:00



**MICROPUB  
ROCKS!**



aaronpk.com





Portland, Oregon, USA

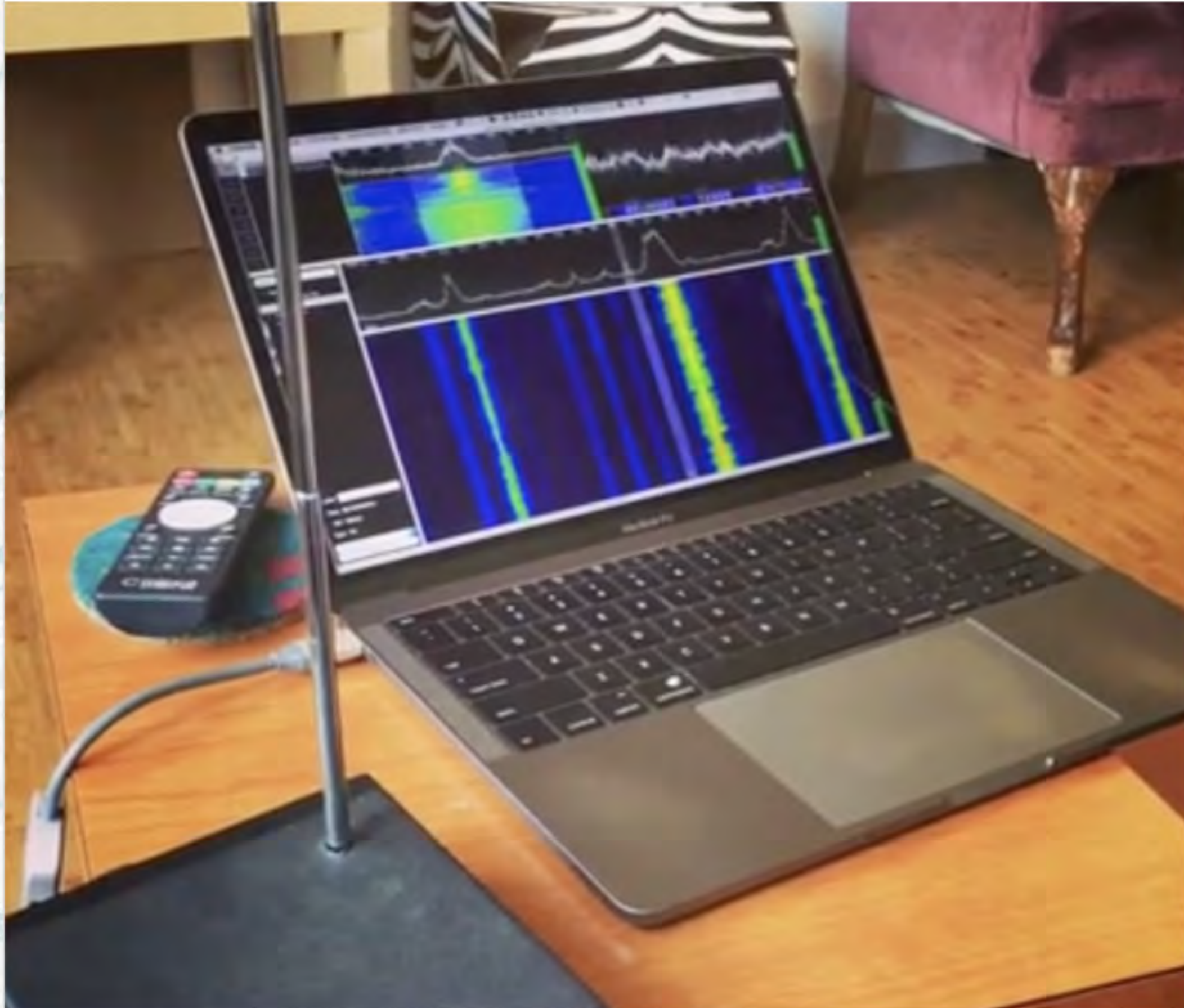
1 repl

Wed, Jun 7, 2017 4:55pm -07:00

#qs #qs17

# Photos

Do I know anyone who has an extra battery-powered FM radio? We need a couple for a project, and I don't seem to have any anymore.



Portland, Oregon

7 likes 2 replies 1 mention

Tue, Jun 6, 2017 6:33pm -07:00

#dotnetfringe #backpedalTV

Love these last minute hand drawn slides for this lightning talk [#lowtech](#) [#dotnetfringe](#)



Portland, Oregon

14 likes 4 reposts 1 reply

Tue, Jun 6, 2017 3:21pm -07:00

#lowtech #dotnetfringe #backpedalTV



OwnYourGram



# MICROPUB ROCKS!



aaronpk.com



# aaronpk.com/2017/05/13

Aaron Parecki Articles Notes Projects

Saturday, May 13, 2017

at Nh Hotel City Restaurant  
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 7:20am

Cobbling together breakfast tacos

Düsseldorf, Nordrhein-Westfalen  
1 like 2 replies 15 Coins  
Sat, May 13, 2017 7:20am +02:00

Egg and Cheese Crepe

Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 7:21am +02:00

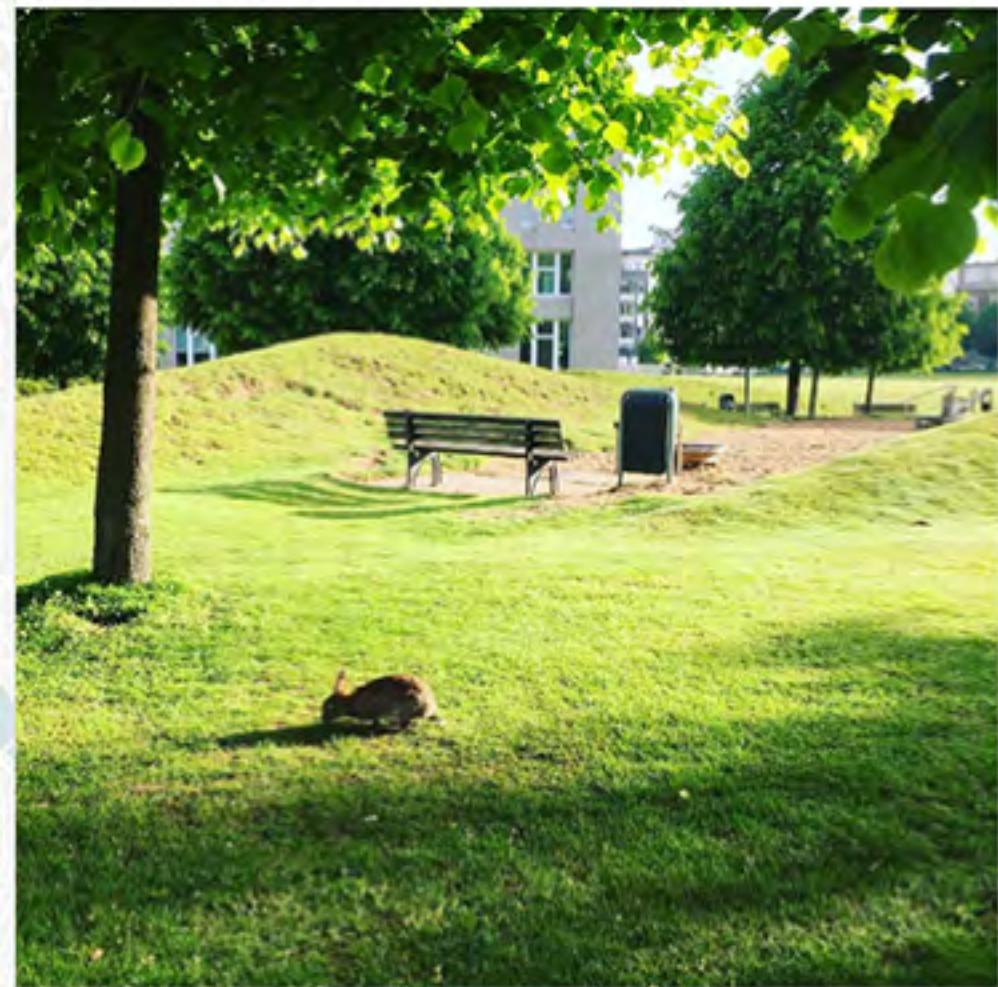
Yogurt with Corn Flakes

Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 7:29am +02:00

Croissant

Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 7:38am +02:00

Good morning Düsseldorf!



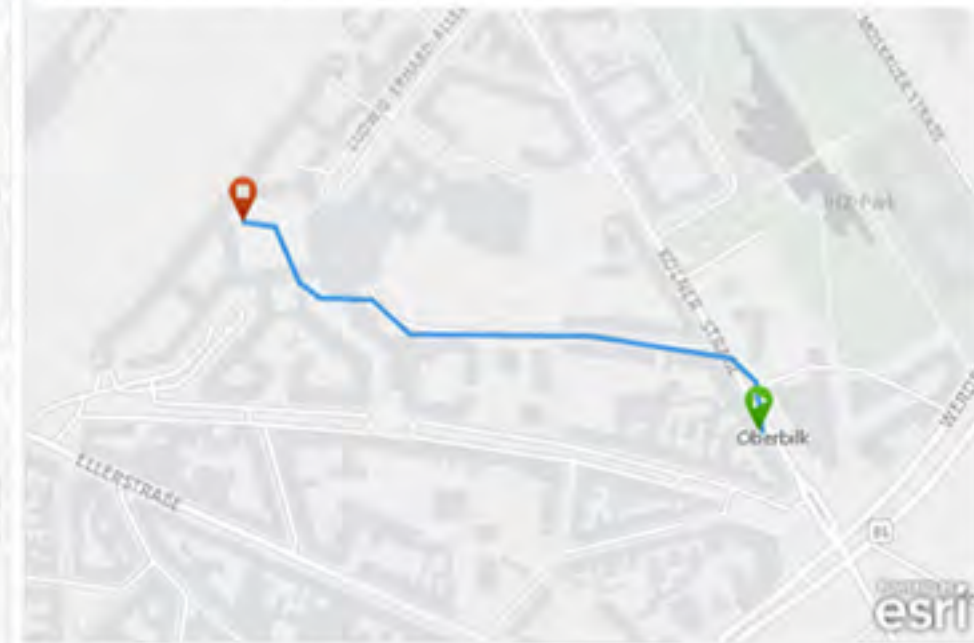
Düsseldorf Hauptbahnhof in Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 7:52am +02:00

at Düsseldorf Hauptbahnhof  
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 7:54am



Sat, May 13, 2017 7:54am +02:00

0.37mi 7:43 7:47am 7:55am  
Walk Distance Duration Start End



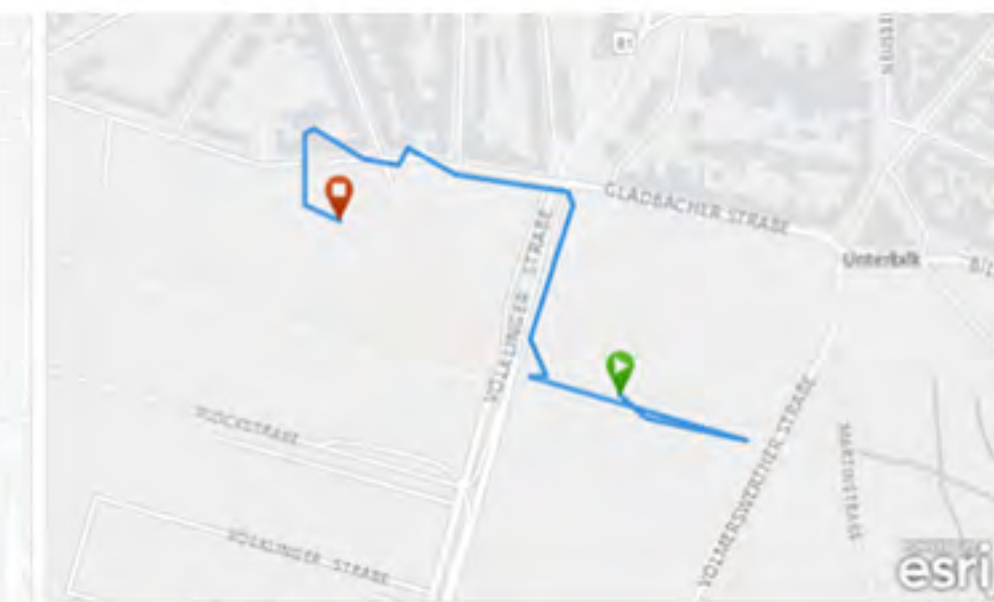
Düsseldorf, Nordrhein-Westfalen  
Sat, May 13, 2017 7:55am +02:00

at Platform 11/12  
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 8:08am



Düsseldorf, Nordrhein-Westfalen  
29 Coins  
Sat, May 13, 2017 8:08am +02:00

2.02mi 7:08 8:06am 8:13am  
Train Distance Duration Start End



Düsseldorf, Nordrhein-Westfalen  
Sat, May 13, 2017 8:24am +02:00

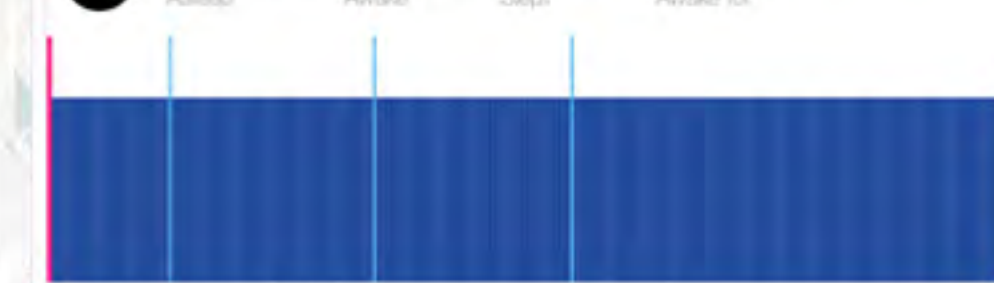
at siggate GmbH  
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 8:28am

Setting up for #indiewebcamp!



Düsseldorf, Nordrhein-Westfalen  
1 like 17 Coins  
Sat, May 13, 2017 8:29am +02:00

12:14am 6:44am 6h 30m 05m  
Asleep Awake Sleep Awake for



Sat, May 13, 2017 8:44am +02:00

Cappuccino

Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 9:11am +02:00

Cappuccino

Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 9:42am +02:00



Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 11:29am +02:00

Pasta Salad with Pesto



Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 1:19pm +02:00

Lentil Soup

Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 1:23pm +02:00

May 13  
The first pass at improving discovery using a [directory pulled from webmentions](#) is live. It is using a custom WP page template which needs a bit of "prettifying up" but it works.

This is great! Now I want to do something like this on my site too!

Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 2:16pm +02:00



Düsseldorf, Nordrhein-Westfalen  
Sat, May 13, 2017 7:47pm +02:00

at Hausbrauerei "Zum Schlüssel"  
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 7:54pm

Düsseldorf, Nordrhein-Westfalen  
10 Coins  
Sat, May 13, 2017 7:54pm +02:00

Beer

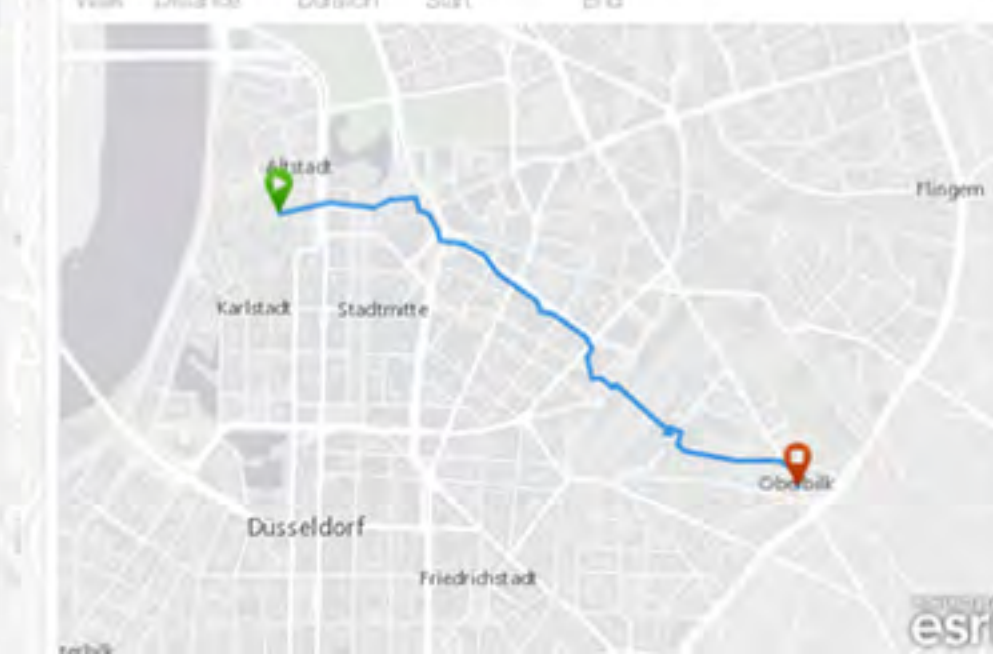


Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 7:56pm +02:00

Käse Spätzle mit Gemüse

Düsseldorf, Nordrhein-Westfalen, DEU  
Sat, May 13, 2017 8:10pm +02:00

1.64mi 36:49 8:39pm 9:16pm  
Walk Distance Duration Start End





# aaronpk.com/2014/10

Aaron Parecki

Home Maps Projects

← September      October 2014      → November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>1</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>2</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>3</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>4</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>5</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon
<b>6</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>7</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>8</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>9</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>10</b> ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Cambridge, Massachusetts	<b>11</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Cambridge, Massachusetts	<b>12</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Cambridge, Massachusetts
<b>13</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Cambridge, Massachusetts	<b>14</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>15</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>16</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>17</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Nürnberg, Germany	<b>18</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Nürnberg, Germany	<b>19</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Nürnberg, Germany
<b>20</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Nürnberg, Germany 📍 Schiphol, NLD 📍 Portland, Oregon	<b>21</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>22</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>23</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>24</b> ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>25</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>26</b> ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon
<b>27</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>28</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>29</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>30</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon	<b>31</b> ☾ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ 📍 Portland, Oregon		







```

29 # Loop until today
30 while($date <= $today) {
31     echo $date->format('c') . "\n";
32
33     # Fetch the day's sleep data
34     $data = get_fitbit_sleep($date, $token);
35     if(isset($data['sleep']) && count($data['sleep'])) {
36         foreach($data['sleep'] as $sleep) {
37             # Check if this is already imported
38             $query = $db->prepare('SELECT * FROM sleeps WHERE fitbit_id = ?');
39             $query->bindValue(1, $sleep['logId']);
40             $query->execute();
41             if(!$query->fetch(PDO::FETCH_OBJ)) {
42                 $start = new DateTimeImmutable($sleep['startTime']);
43                 $end = $start->add(new DateInterval('PT'.round($sleep['duration']/1000).'S'));
44
45                 # Find the local time of the sleep
46                 echo "Checking for local time of ".$end->format('Y-m-d H:i:s')."\n";
47                 $local = get_local_time($end->format('Y-m-d H:i:s'));
48                 if($local && isset($local['timezone'])) {
49                     #print_r($local);
50                     $timezone = $local['timezone']['name'];
51                     $offset = $local['timezone']['seconds'];
52                     $latitude = $local['data']['geometry']['coordinates'][1];
53                     $longitude = $local['data']['geometry']['coordinates'][0];
54                     $geo = reverseGeocode($latitude, $longitude);
55                     #print_r($geo);
56                     $tz = new DateTimeZone($local['timezone']['offset']);
57                     # Re-create the start/end times in the local timezone
58                     $start = new DateTime($start->format('Y-m-d H:i:s'), $tz);
59                     $end = new DateTime($end->format('Y-m-d H:i:s'), $tz);
60                 } else {
61                     $timezone = '';
62                     $offset = 0;
63                     $latitude = null;
64                     $longitude = null;
65                     $geo = false;
66                 }
67
68                 echo "Localized start: ".$start->format('c')."\n";
69                 echo "Localized end: ".$end->format('c')."\n";
70
71                 $record = [
72                     'date' => $date->format('Y-m-d'),
73                     'local_time_started' => $start->format('H:i:s'),
74                     'local_time_finished' => $end->format('H:i:s'),
75                     'time_started' => $start->format('U'),
76                     'time_finished' => $end->format('U'),
77                     'raw' => json_encode($sleep),
78                     'timezone' => $timezone,
79                     'tz_offset' => $offset,
80                     'locality' => ($geo ? $geo->locality : ''),
81                     'region' => ($geo ? $geo->region : ''),
82                     'country' => ($geo ? $geo->country : ''),
83                     'latitude' => $latitude,
84                     'longitude' => $longitude,
85                     'created_at' => date('Y-m-d H:i:s'),
86                     'fitbit_id' => $sleep['logId'],
87                 ];
88                 insert_sleep_record($record);
89             }
90         }
91     }
92     $date->add(new DateInterval('P1D'));
93 }

```

```

59 $lastDate = $redis->get('runkeeper-last-import-date');
60 if(!$lastDate) {
61     $lastDate = '2016-01-01';
62 }
63
64 $should_continue = true;
65 $request_url = '/fitnessActivities?page=0&pageSize=50&noEarlierThan='.$lastDate.'&modifiedNoEarli
66
67 while($should_continue) {
68     echo "Fetching $request_url\n";
69     if($activities = rk_request($request_url)) {
70         if($activities->items) {
71
72             foreach($activities->items as $item) {
73                 echo "Processing activity: " . $item->uri . "\n";
74
75                 if(preg_match('/fitnessActivities\/(\d+)\/', $item->uri, $match)) {
76                     // Check if this item has already been imported
77                     $syndicated_url = $runkeeperBase.$match[1];
78                     echo "Checking for existing post: $syndicated_url\n";
79                     $ch = curl_init($original.'?url='.urlencode($syndicated_url));
80                     curl_setopt($ch, CURLOPT_RETURNTRANSFER, true);
81                     curl_setopt($ch, CURLOPT_FOLLOWLOCATION, false);
82                     $response = curl_exec($ch);
83                     $code = curl_getinfo($ch, CURLINFO_HTTP_CODE);
84                     if($code == 301 || $code == 302) {
85                         echo "Skipping because it's already been imported\n\n";
86                     } else {
87                         echo "$code Importing activity: " . $item->uri . "\n";
88                         $date = process_rk_item($item);
89                         $redis->set('runkeeper-last-import-date', $date);
90                     }
91                 } else {
92                     echo "Encountered an unknown activity\n\n";
93                 }
94             }
95             if(property_exists($activities, 'next') && $activities->next) {
96                 $request_url = $activities->next;
97                 echo "Continuing...\n\n";
98             } else {
99                 $should_continue = false;
100                 echo "Stopping because no 'next' URL was found for: $request_url\n\n";
101             }
102         } else {
103             $should_continue = false;
104             echo "Stopping because no items found in this request: $request_url\n\n";
105         }
106     } else {
107         $should_continue = false;
108         echo "Stopping because request failed: $request_url\n\n";
109     }
110 }
111
112
113 echo "Done\n";
114

```



	A	C	CB	CC	CD	CE	CF	CG	CH	CI	CJ	CK	CL	CM	CN	CO	CP	CQ	CR	CS	CT	CU	CV	CW	CX	CY	CZ	DA	DB	DC	DD	DE		
2	Dashboard of My life		Date:	3/13/2016	3/14/2016	3/15/2016	3/16/2016	3/17/2016	3/18/2016	3/19/2016	3/20/2016	3/21/2016	3/22/2016	3/23/2016	3/24/2016	3/25/2016	3/26/2016	3/27/2016	3/28/2016	3/29/2016	3/30/2016	3/31/2016	4/1/2016	4/2/2016	4/3/2016	4/4/2016	4/5/2016	4/6/2016	4/7/2016	4/8/2016	4/9/2016	4/10/2016	4/11/2016	
4		Weekday:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday		
7	Location		Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Asheville, USA	Asheville, USA	Asheville, USA	Asheville, USA	King, NC	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Beijing, China	Beijing, China	Beijing, China	Pyongyang, North Korea	Pyongyang, North Korea	Pyongyang, North Korea	Pyongyang, North Korea		
8	Steps	10,000	21,852	8,299	7,226	11,289	16,143	12,167	11,077	37,406	17,435	6,375	11,595	7,242	18,914	23,735	8,254	20,672	6,075	10,154	6,383	6,865	11,510	6,406	9,083	19,701	22,659	25,201	22,045	44,975	24,695	11,583		
9	Hours Sleep	7.25	8.3	8.1	7.1	5.4	4.0	7.1	6.8	7.9	4.9	3.9	3.4	7.5	8.2	8.5	7.2	4.4	6.9	4.6	5.3	6.8	3.3	7.5	2.4	3.7	2.8	3.2	7.3	6.2	3.9	5.1		
10	Miles Ran	0.5						4.5		21.0																			3.5	26.5				
11	Half Marathons Ran									1																				2				
12	HIIT		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
13	Gym																																	
14	Yoga			1	1	1	1	1			1	1		1					1	1	1	1												
15	Pushups		20	40	40	40	40				40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40
16	Meditation	20	30	40	45	20	30	20	20	20	40	40	20	30	260	260	120	20	35	20	20	20	20	20	20	20	20	20	20	20	20	20	20	
18	Blinks listened to		1		1				1		4		1	1	2			1		1														
19	Pages Read		20		50					10		40		40	50	100																		
20	Toastmasters Attended																																	
22	Pomodores																																	
23	Rescue Time	50	48	60	54	50	50	42	24	24	53	58	51	79	50	50	8	47	50	47	67	38	31	30	65	70	51	50	50	50	50	50		
25	Calories consumed	2,250	1,846	2,056	2,037	1,818	1,896	2,611	2,721	2,886	1,953	1,958	2,065	2,197	1,895	2,212	4,255	1,612	1,971	2,489	1,882	2,419	2,816	2,793	2,850	1,060	2,962	3,757	4,129	2,637	4,097	2,214		
26	Meat	1.0											1	1			2					1	1			2	2	2	3	2	2	2	2	
27	Eating out	0.5		1						1			1	1			1	1								2	2	2	3	3	3	3		
29	Alcoholic Drinks	1							1								3			2				1	3	4	4	5	2	2	4			
30	% Carbs	50%	33%	45%	35%	53%	44%	58%	52%	58%	45%	49%	44%	52%	47%	53%	51%	45%	49%	57%	46%	54%	28%	43%	51%	55%	53%	45%	51%	46%	56%	43%		
31	% Fat	15%	43%	42%	43%	30%	35%	30%	35%	34%	39%	38%	34%	36%	36%	37%	40%	44%	40%	30%	39%	35%	61%	44%	36%	32%	33%	40%	34%	36%	28%	40%		
32	% Protein	20%	24%	13%	22%	17%	21%	12%	13%	8%	16%	13%	22%	12%	17%	10%	9%	11%	11%	13%	15%	11%	10%	13%	13%	13%	14%	15%	15%	18%	16%	17%		
33	Weight	70	70.9	70.7	70.4	70.2	70.4	69.8	70.5	70.3	70.4	70.4	70.1	69.7	69.6	69.5	69.4	69.3	69.7	70.3	70.1	70.3	71.0	70.9	70.9	70.9	70.9	70.9	70.9	70.9	70.9	70.9		
34	% Fat (body)	15%	14%	14%	14%	15%	15%	13%	15%	15%	15%	14%	14%	14%	15%	15%	15%	15%	15%	15%	14%	15%	14%	14%	15%	16%	16%	16%	16%	16%	16%	16%	16%	
35	Volunteering Prison	0			1							1							1															
36	Volunteering USCRI	0											1																					
37	Do something scary													1														1	1	1				
38	Something social		1		1				1	1		1	1	1			1		1	1	1				1	1	1		1	1	1			
39	Experiment																																	

Add 1000 more rows at bottom.



**G**  
GYROSCOPE  
See the complete story of your life

Log in with Facebook  
Don't have Facebook?

The insights I get using GyroScope are priceless. Every day I am able to make more informed decisions that make me a happier and healthier person.

Ran 3.7 miles!

CorePower Yoga

8.8 hours online

GyroScope has been a motivator to adopt better habits. The Health Tracking app is key. I now go out for runs and work out more. I watch out my productivity, weight, sleep and time spent at places.

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TICTRAC

Our mission is to change the way people take care of

Please sign up to preserve your data.

zenoBASE

guest | Sign out

Got data? Get answers.

Store, aggregate and visualize your data.

My Data

What's the ideal room temperature for sleeping?  
Combine data from an indoor weather station (Netatmo) with sleep data (Fitbit, Jawbone, Withings or SleepCloud).

Does the phase of the moon affect my sleep?  
Correlate sleep data (Fitbit, Jawbone, Withings or SleepCloud) with the phase of the moon, or weather data.  
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Get health data from everywhere  
Real-time access to digital, structured health and medical data from providers, labs, pharmacies, devices and apps

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Exist

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Track everything together. Understand your behaviour.

Today

Productivity

01:50  
02:54

Productive time

00:07 neutral time 00:35 avg  
00:27 distracting time 01:20 avg

Monday: Most productive day for 27 days  
4.13 spent productivity  
Monday marks a new productivity streak  
Beat your goal every day for 3 days

Mood

4 Having a productive day, looking forward to my burrito tonight.

Steps

3.5 km 2.9 avg  
38 min active 48 avg  
4 floors 12 avg

4864  
5001

Wednesday is your most active day of the week.  
This trend has been growing stronger.

Tracks played

6 25 avg

Weather

11.6 / 20.2 °C  
Mostly cloudy starting in the afternoon.

Sleep

06:17  
05:34  
Asleep

09:53  
09:03  
In bed

12:17 bed time awake 10:10  
23:20 avg 08:26  
21 awakenings 15 avg

Monday: worst sleep for 5 days  
4:51 asleep  
Went to bed later this week  
12:19 average bedtime, 13 min later

luxstream

Blog

username/email password Login Forgot password?

An open-source non-profit personal data visualization framework to help you make sense of your life and compare hypotheses about what affects your well-being

It's free! Register

We have an App!

JAWBONE UP MISFIT EVERNOTE lost.fm M 3i Google Calendar flickr

Manage Connectors

App	Connector	Last Sync	Last Date	Name	Remove
HealthTap	HealthTap	November 1, 2014 12:07:04	September 11, 2014 11:08:01	HealthTap	Remove
FluStream	FluStream	None	November 1, 2014 12:08:00	FluStream	Remove
Twitter	Twitter	November 1, 2014 12:07:02	November 6, 2014 11:38:04	Twitter	Remove

Take control of your data  
Choose from our growing list of supported devices and APIs. Importing your data is easy.



# LOCKER PROJECT

## About The Locker Project

A Locker is a container for personal data, which gives the owner the ability to control how it's protected and shared. It retrieves and consolidates data from multiple sources, to create a single collection of the things you see and do online: the photos you take, the places you visit, the links you share, contact details for the people you communicate with, and much more. It also provides flexible APIs for developers to build rich applications with access to all of this information.

Twitter  
 Blog

## Our Vision

As we go through our lives we create vast amounts of data. Emails, phone calls, utility bills, health monitoring devices, text messages, browsing data, purchase records, all fall out of the regular course of our actions. It's more than just data. It represents our communications, relationships, locations, behaviors and creative and consumption patterns.

Currently, our data is scattered everywhere. It lives in and is usually owned by the services from which it was created or exchanged. It's aggregated by third party trackers and used to deliver advertising, content and services to you. Billions of dollars are exchanged, industries are created off of our data, and it serves as the basis and is the foundation for some of the most important structures on the web, and in the world at large.

Meanwhile, the people who have benefited least from this ecosystem are the vast majority of us. Our data is sold to our data. Often times, in fact, these channels and organizations go out of their way to harvest our data from the network and reuse our own content. Limitless opportunities for new applications and web experiences, as well as more free and open communication.

## Demo

Coming soon. Meanwhile, here are some screenshots:

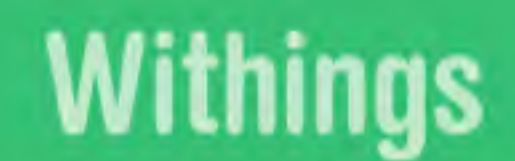
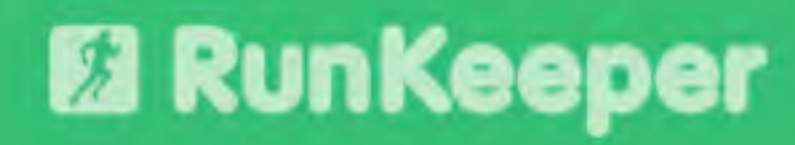
## See your health data the way you decide.

You use one or more apps to collect and view your data. But you have unique questions and motivations that are not captured in those apps. GrokLife allows you to use your data wherever you want and see all your data in one place.

With your permission, GrokLife transforms your health and wellness data and copies it between your apps as well as provides a place to visualize all your data.

With GrokLife, all of your data is available in all of your apps.

we support





A large, multi-pointed starburst graphic with a green center and blue points, serving as a background for the main text.

**MICROPUBLIC  
ROCKS!**

The W3C logo, consisting of the letters 'W3C' in white on a blue square background.

W3C<sup>®</sup>

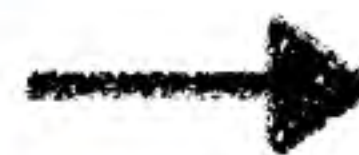


Swarm  
by **FOURSQUARE**

OwnYourSwarm.p3k.io



OwnYourGram.com




your  
website



adactio

June 13th, 2017



Checked in at Good Companions, Liquid lunch in the sun

1:12am

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About this site: adactio is the online home of [Jonathan Lacroix](#), a web developer and author living and working in Brighton, England.

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JONATHAN LACOUR

ABOUT 15 HOURS AGO

## Checked into Courtyard Paris Saint Denis



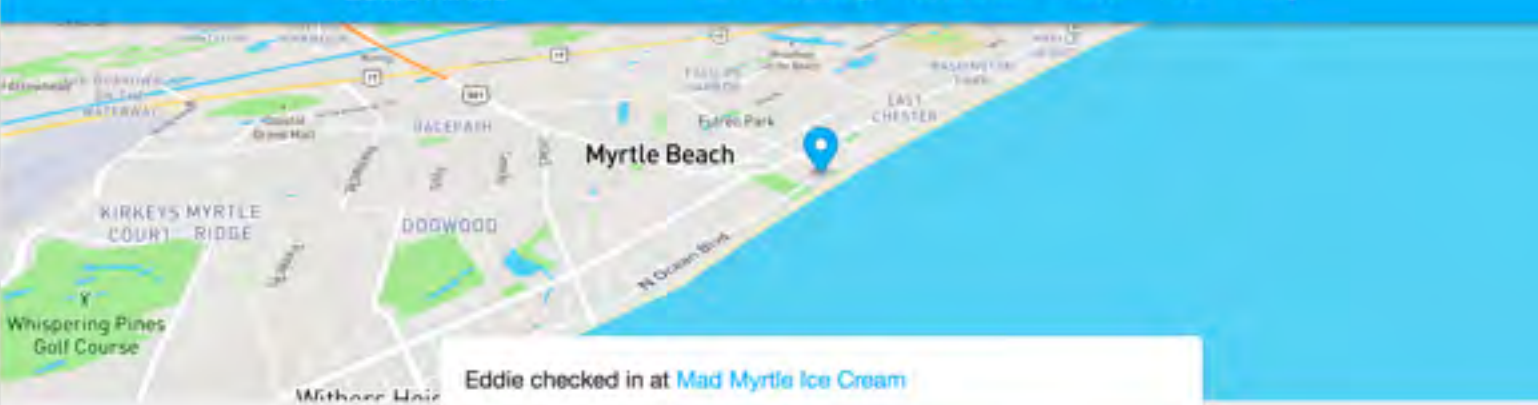
Leaflet | Map tiles by [Stamen Design](#), under [CC BY 3.0](#). Data by [OpenStreetMap](#), under [CC BY SA](#).

0 stars 1 comment

Wow! That's 30 check-ins at Hotels!

Swarm, Jun 15 2017 on [ownyourswarm.p3k.io](#)

Eddie Hinkle Faith Technology Social Stream /about /now /iting



Eddie checked in at Mad Myrtle Ice Cream

Jun 13, 2017 7:54 PM · checkin · postcard using [ownyourswarm.p3k.io](#)

### 4 Replies

- Swarm Jun 13, 2017 7:54 PM Your first check-in at Mad Myrtle Ice Cream! +5
- Swarm Jun 13, 2017 7:54 PM First of your friends to check in here. +2
- Swarm Jun 13, 2017 7:54 PM Chippy sticker bonus! +2
- Swarm Jun 13, 2017 7:54 PM Your first Ice Cream Shop. +5

# Through a Glass Darkly

Outside looking in.

Home

← Previous Post

## #4092

Posted on [June 14, 2017](#) by [Tamara](#)

Need a break from crazy driving through Boston at rush hour. Checked into [Starbucks](#).

Starbucks, 552 Adams St, Milton, MA, 02186, United States

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### 📍 Belle and Sebastian

2017-06-15 18:47 UTC

📍 Royal Hospital Chelsea, London, Greater London

Also on [Swarm](#)

🔥 replied to this on [ownyourswarm.p3k.io](#)  
Your first check-in at Royal Hospital Chelsea!

🔥 replied to this on [ownyourswarm.p3k.io](#)  
First of your friends to check in to see Slow Club.

🔥 replied to this on [ownyourswarm.p3k.io](#)  
There's a lot going on inside Royal Hospital Chelsea! Check in to more places here to earn more coins.



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Log in

Welkom op Seblog, het weblog van Sebastiaan Andeweg. Ik ben een schrijver en nerd uit Nijmegen. Ik ben ook te vinden op [Twitter](#), [Instagram](#) en nu en dan op [LinkedIn](#). Als ik code schrijf staat dat op [Github](#) en als ik rondjes ren staat dat op [Strava](#). Ik zit stiekem ook weer op [Facebook](#) na 2,5 jaar weg te zijn geweest.



check in bij Brakkenstein, Nijmegen

The sad thing about things near my house is that I always leave my bike at home.

di 13 juni 2017 om 20:43 CET

### Reacties

🔥 Swarm  
di 13 jun 2017 18:43

That crown looks nice on you.





Teacup

fitbit

Withings

FlightAware  
Live Flight Tracking

me



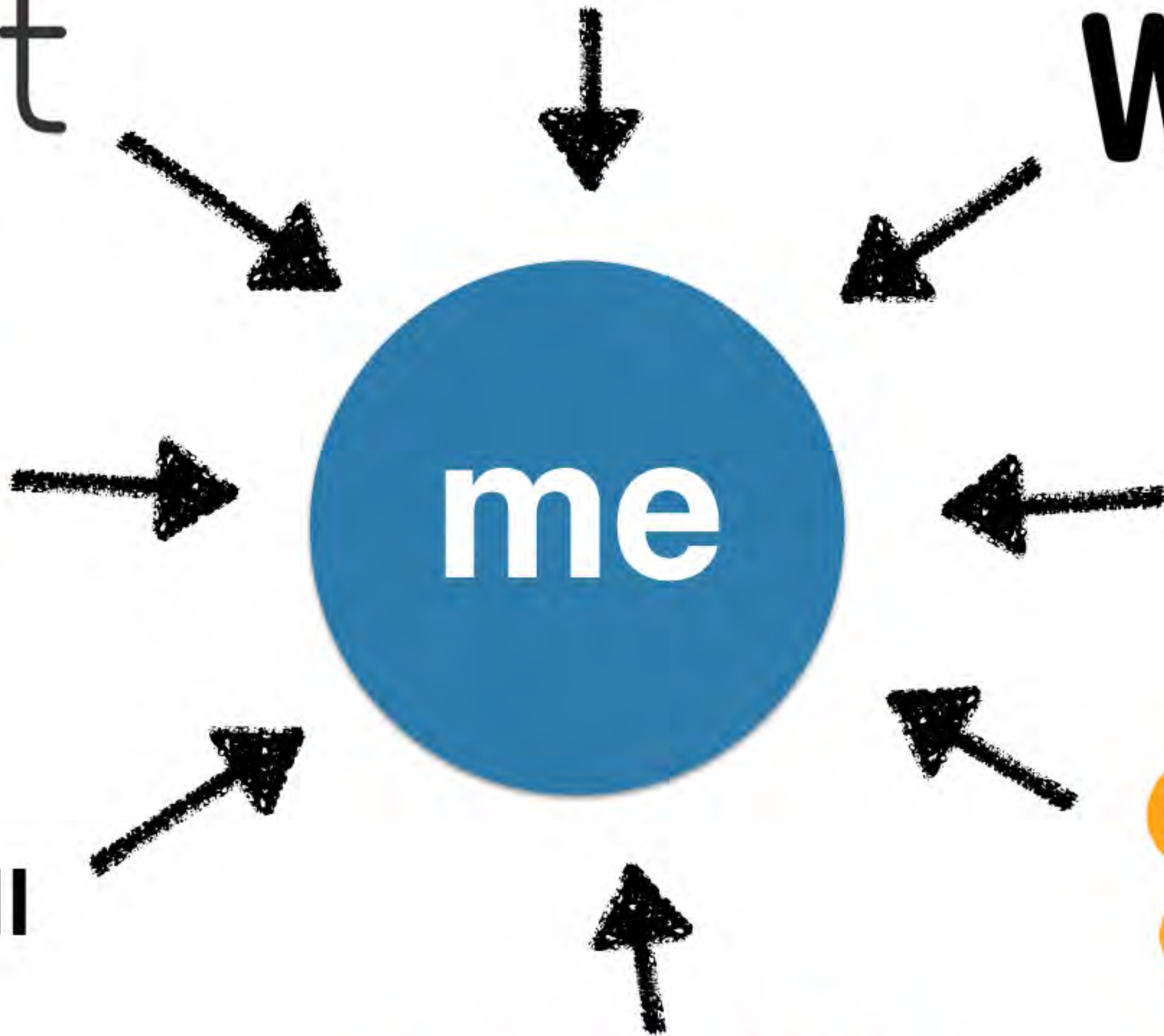
Compass



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**Thank You!**