

A close-up, low-angle shot of a person's foot stepping onto a stone path. The foot is wearing a dark shoe with a white sole and a blue sock. The path is made of small, light-colored stones. The background is blurred, showing more of the path and some greenery.

Beyond steps

Learning what drives personal satisfaction by combining automation, visualization and machine learning ... **without code**

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John ...

... is 35 year old

... lives in New York

... manages a process automation team

... is NOT a coder

I was able to

- ... augment and automate my self-tracking
- ... use free and no-code solutions for tracking, surveying and visualizing

I was able to

- ... augment and automate my self-tracking
- ... use free and no-code solutions for tracking, surveying and visualizing
- ... utilize open source machine learning to measure and predict my progress
- ... enable my journey toward daily satisfaction

I was

... healthy

... fit

... not stressed



I was

... healthy

... fit

... not stressed

... skeptical



Then I became

- ... overworked
- ... out of shape
- ... stressed
- ... not satisfied



So I got one of these ...



And I got back

... my inputs

... vague & impersonal advice

... a fraction of the story



#1 Step Taker?

I was still

... overworked

... slightly less out of shape

... stressed

... not satisfied



I did what I knew best

... Build spreadsheets!

... but something was missing



Google Drive



Survey to fill the gaps

... was I **satisfied**?

... did I feel **healthy**?

... what inputs mattered?

... **in an automated way**

Google  **FORMS**

& AppSheet

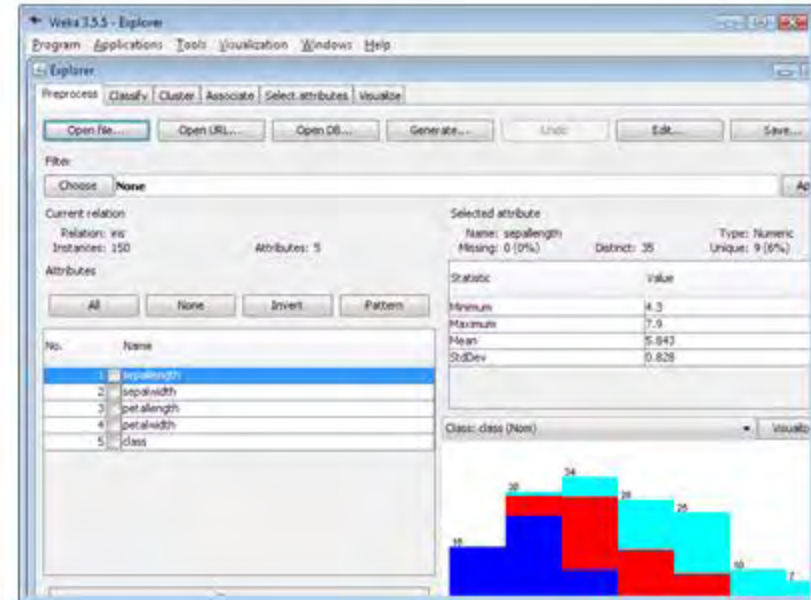
Automated reminders

- ... so not to miss a day
- ... to reduce mental fatigue
- ... because it's fun



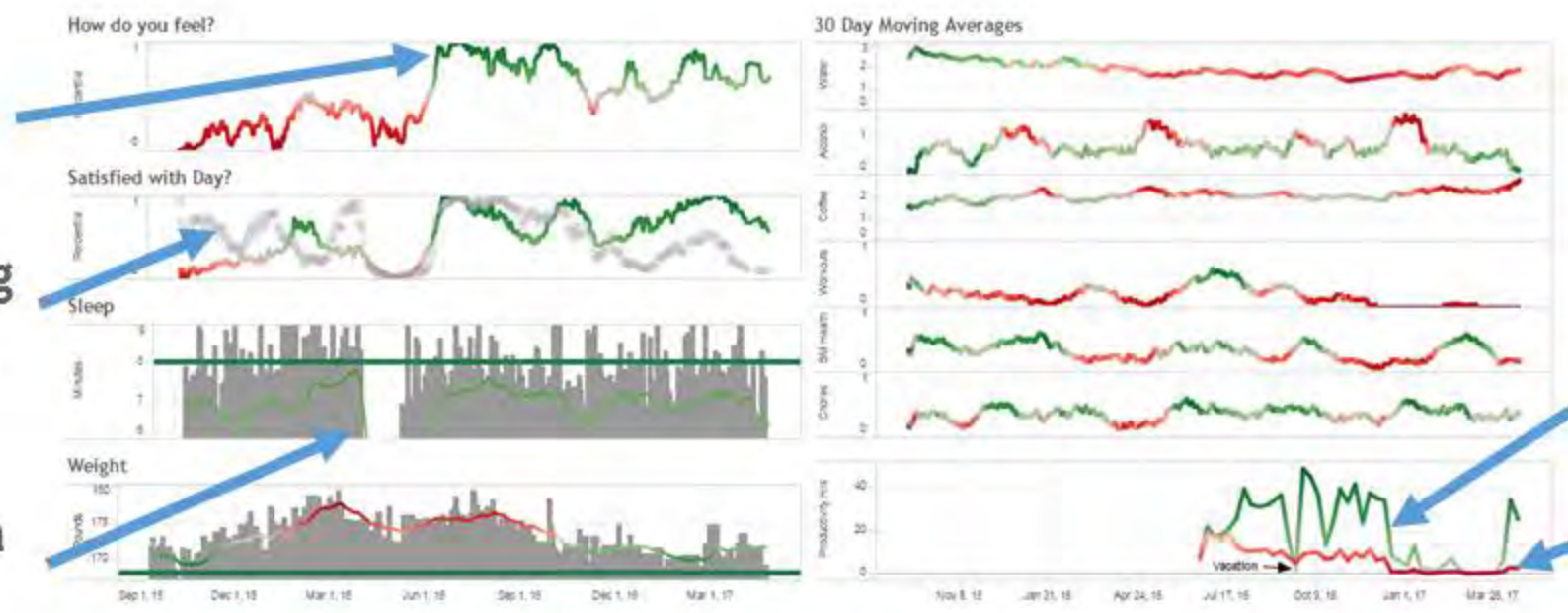
Crunching the data

... learning machine learning
... to predict daily satisfaction



Seeing is believing

All Time Past Week >



Work/life balance arrives

Machine Learning predicts my day

Lack of sleep is a sign of stress

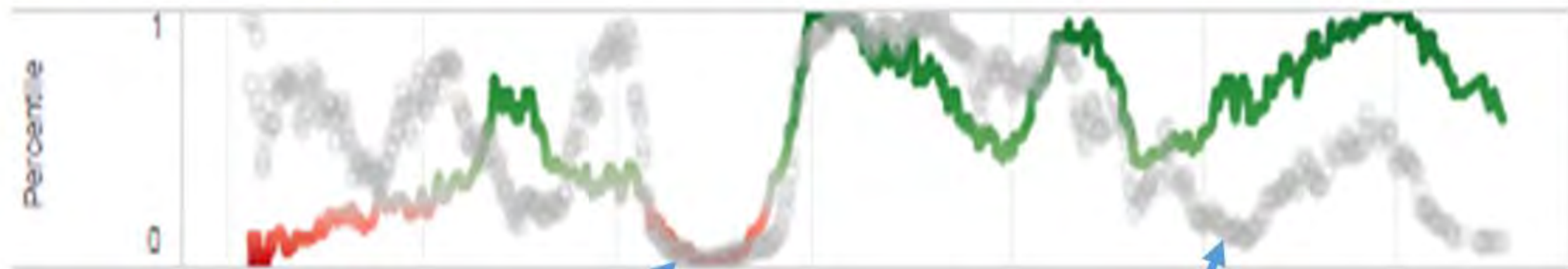
RescueTime breaks!

RescueTime gets fixed!



Seeing is believing

Satisfied with Day?



Good at predicting
bad days

Algorithms need to be **retrained**
after a life event

The last mile ... the kitchen



bubble
&
Fully Kiosk Browser

What did I learn besides

... data visualization?

... machine learning?

... how to develop a no-code web app?

... well ...

Make it easy

... less than 1 minute a day

... automating was worth it



Getting detailed pays off

... turning **inputs** into data

... leading to **specific recommendations**

... suggesting model behaviors

... **the data started telling a story**

Over time stories change

- ... **career** and **life events** shift your “model”
- ... meaningful inputs are added
- ... unhelpful inputs are dropped
- ... **managing the changes adds value**

What drives satisfaction

... **steps** were a weak predictor

... **daily satisfaction** was driven by taking time for **hobbies** and effectively managing **sleep**

... “tough it out” is not a strategy

I learned

- ... my **sleep** and **weight** flex in line with each other
- ... **hydration** is cumulative and impactful
- ... **n=1 learnings drive action**

Going beyond steps is hard

... 9 technologies

... ~1 year to automate

... not great UI/UX

Google  FORMS



Fully Kiosk Browser



Google Drive



AppSheet

 + a b l e a u

Finding a single solution?

- ... current aggregator services can be **incomplete** or **lack insights**
- ... other solutions are **single-point**
- ... I'm a glutton for ~~punishment~~ a challenge, so ...



Building the platform

- ... offer a variety of “paths”
- ... integrate with trackers
- ... providing **personalized** and **crowdsourced** advice



Mobile app

... to track, survey, report and learn



Find me

- ... at my How-To: creating a [personal dashboard](#)
- ... at the WeJourn demo table
- ... at john.cottongim@wejourn.com