

Quantified Self
Europe 2014

A Million Heartbeats

by Črt Ahlin

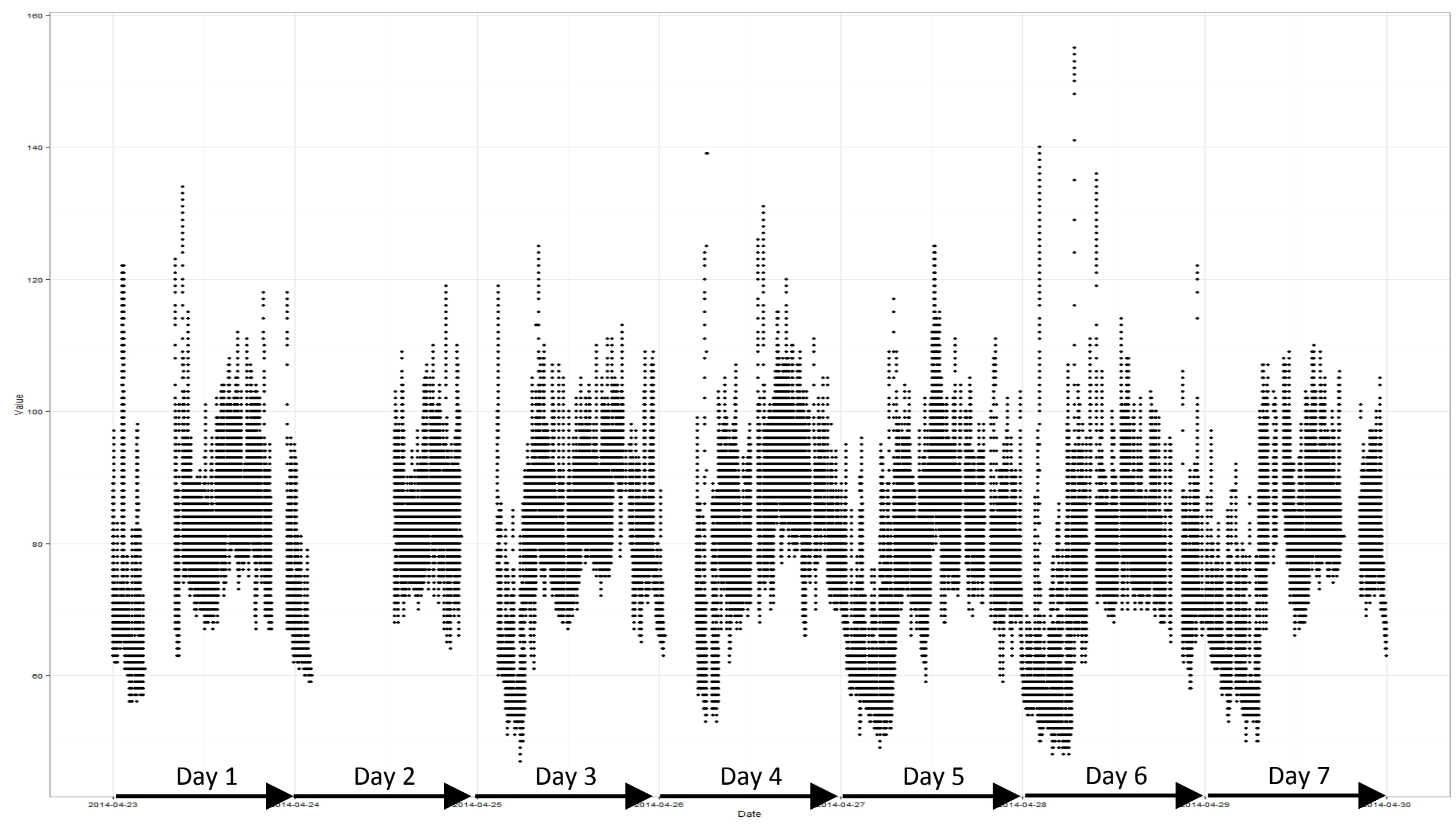
Who am I?

What do I do?

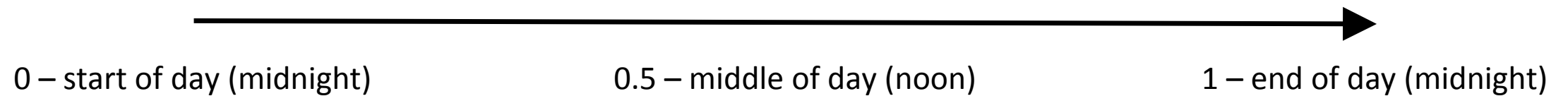
Why QS?

What do I log?

The problem

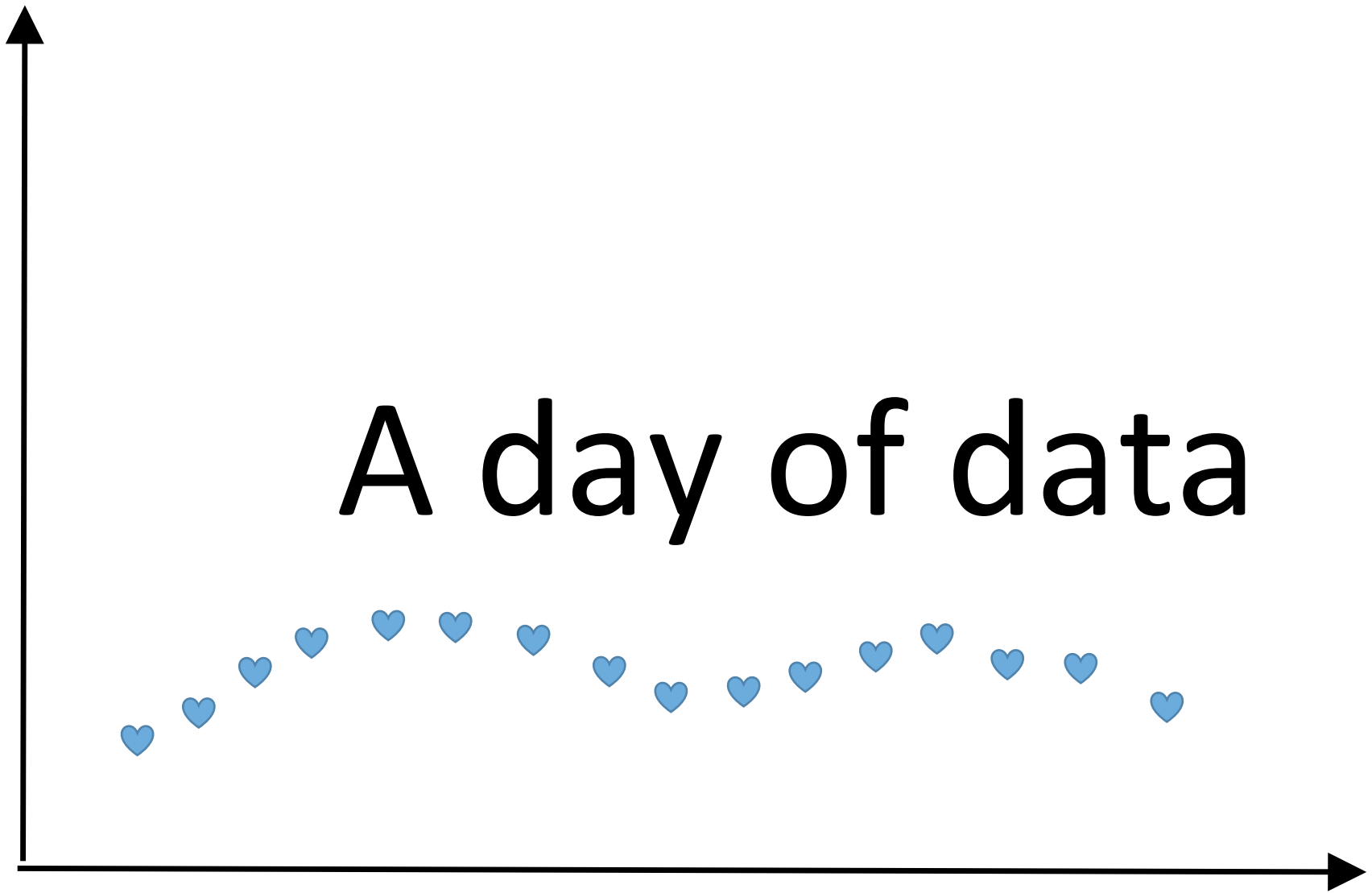


Horizontal axis



A day of data

heart beats
per minute



0 – start of day (midnight)

0.5 – middle of day (noon)

1 – end of day (midnight)

heart beats
per minute

Two days ...



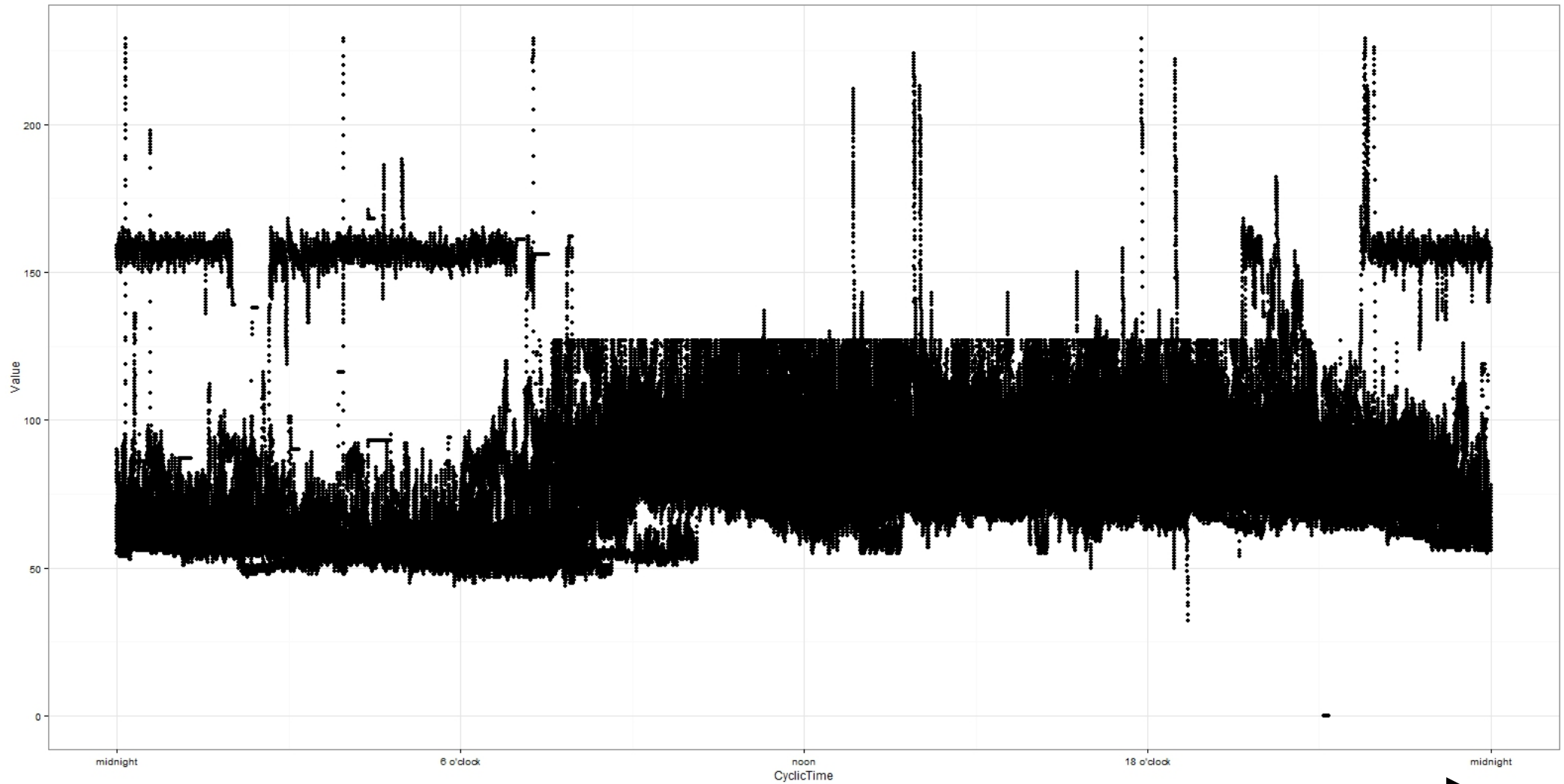
0 – start of day (midnight)

0.5 – middle of day (noon)

1 – end of day (midnight)

Data gathering - tools

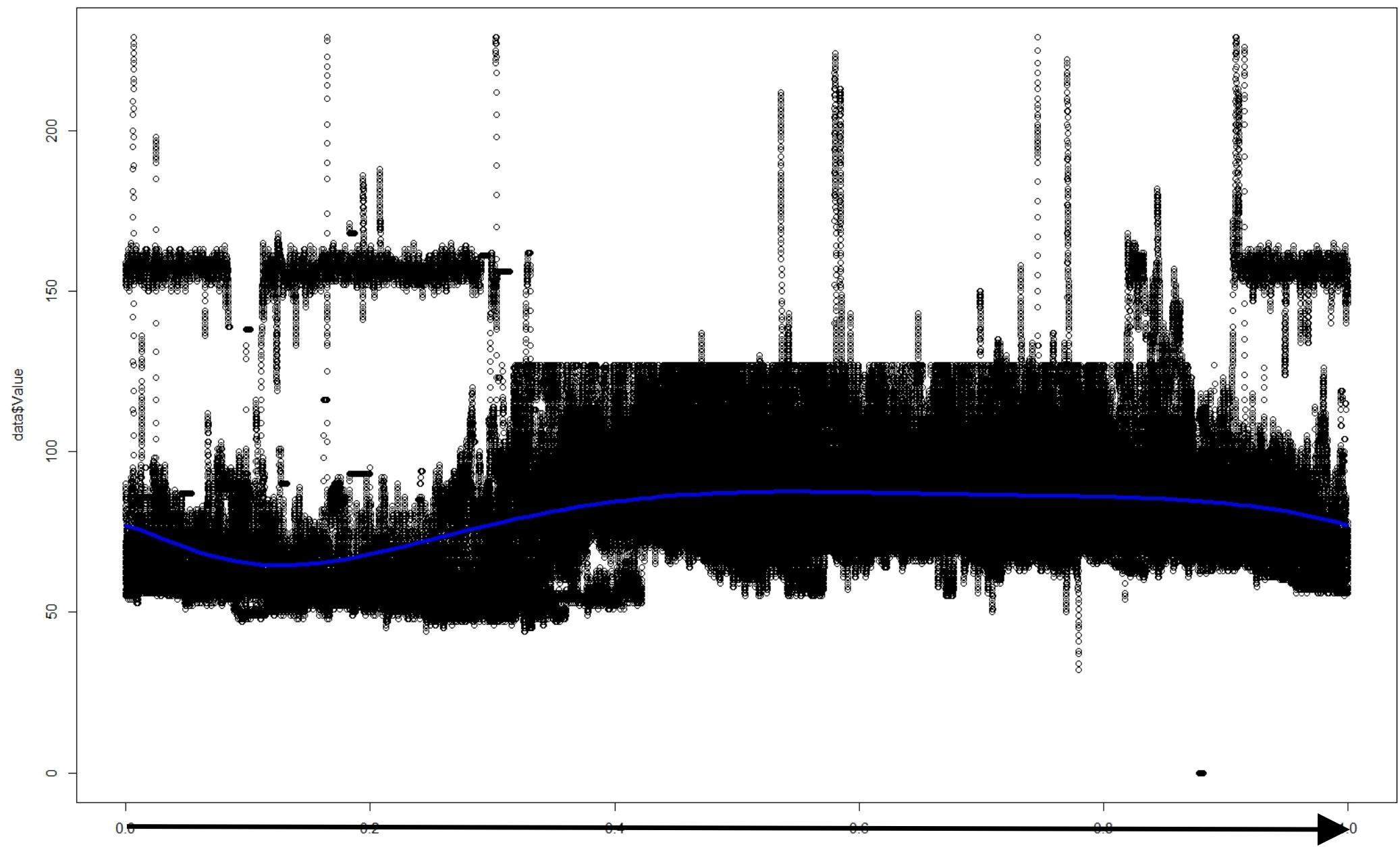
Data gathering - process



0 – start of day (midnight)

0.5 – middle of day (noon)

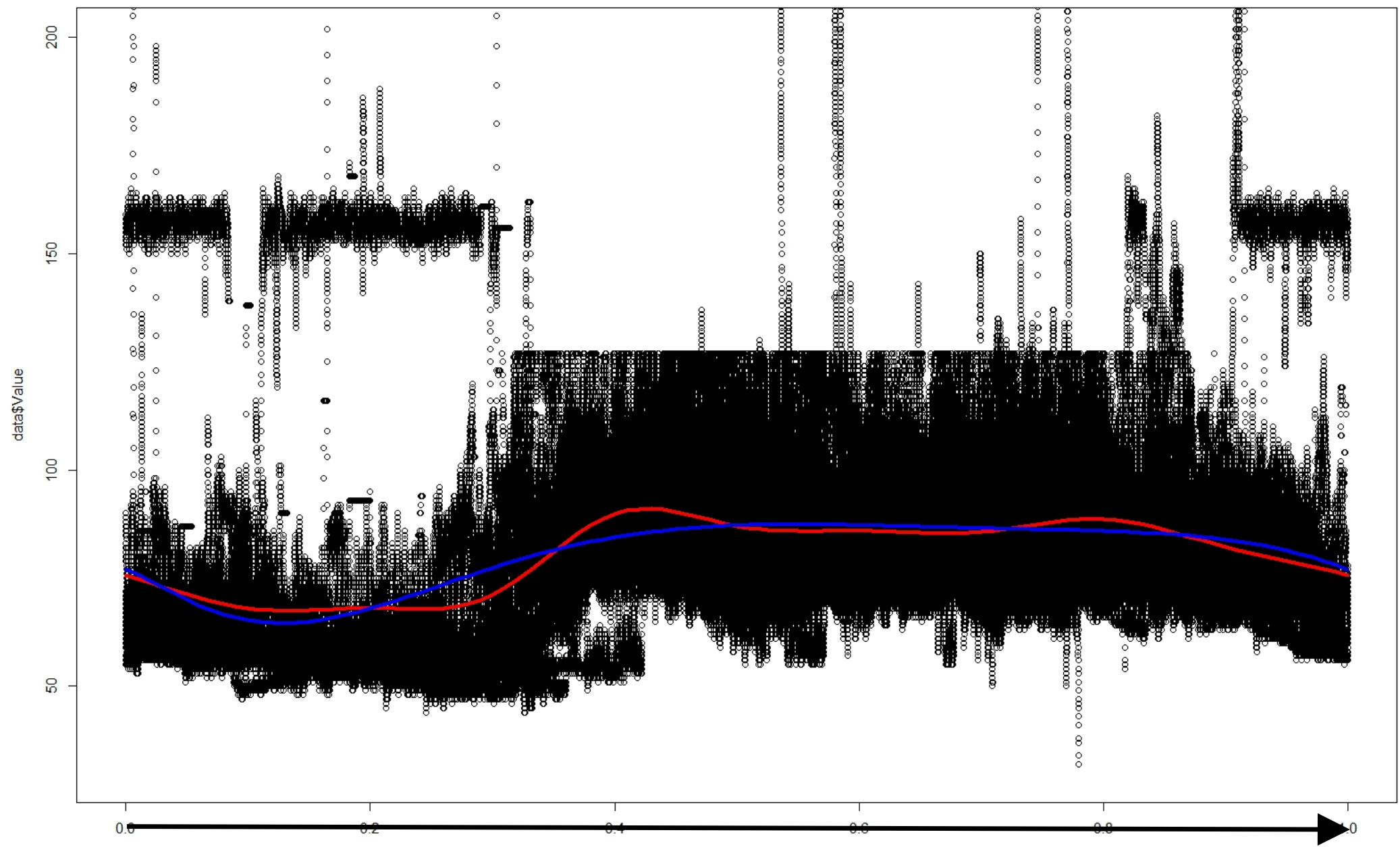
1 – end of day (midnight)



0 – start of day (midnight)

0.5 – middle of day (noon)

1 – end of day (midnight)



0 – start of day (midnight)

0.5 – middle of day (noon)

1 – end of day (midnight)

The tools used

Heart rate and other life logging data

Upload heart rate data in AIRS or format.

Select data format

AIRS CSV

HR data file

Choose Files 8 files

Upload complete

Date range

22.4.2014 to 28.5.2014

Faceting by

No faceting

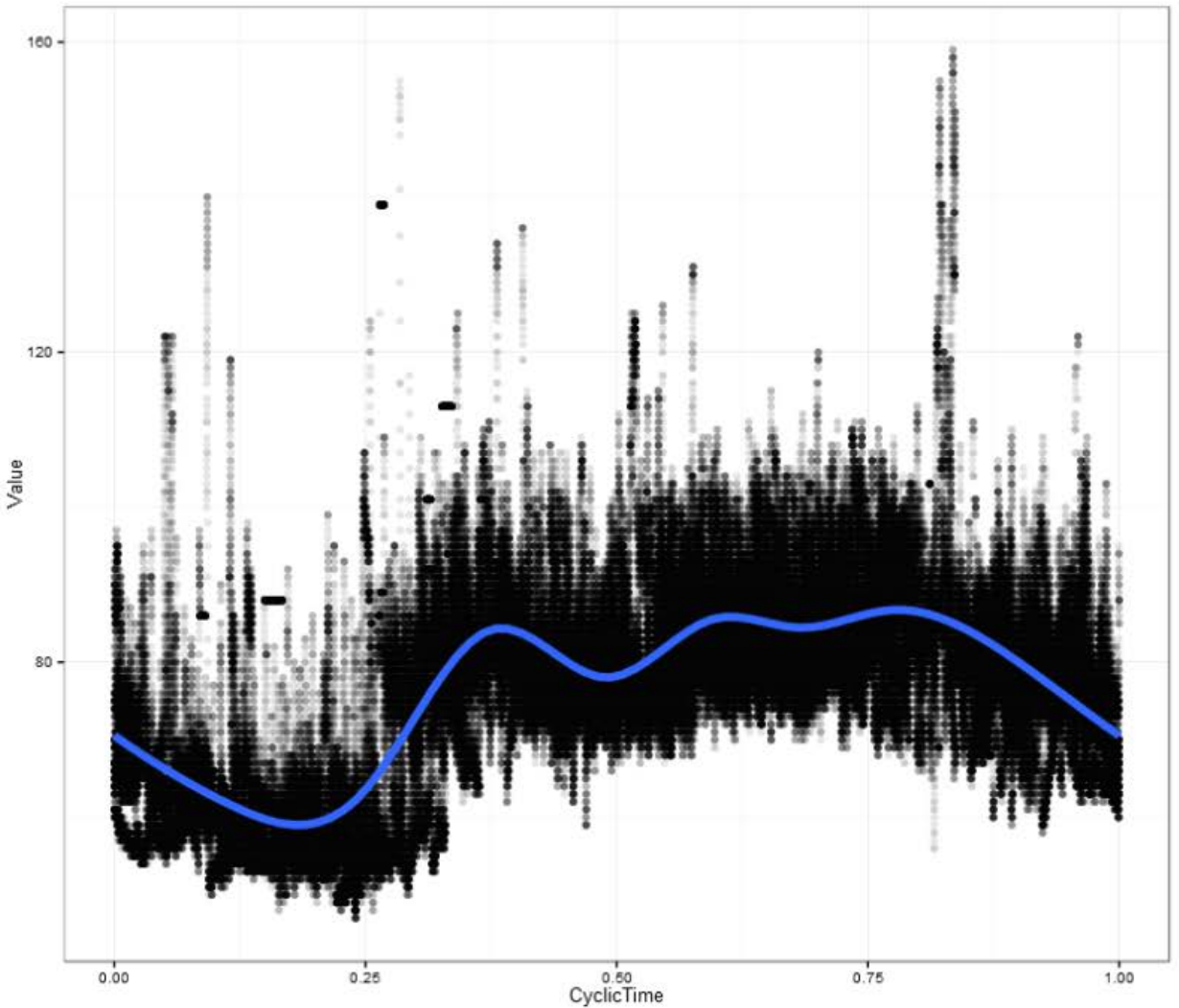
Select plotting method

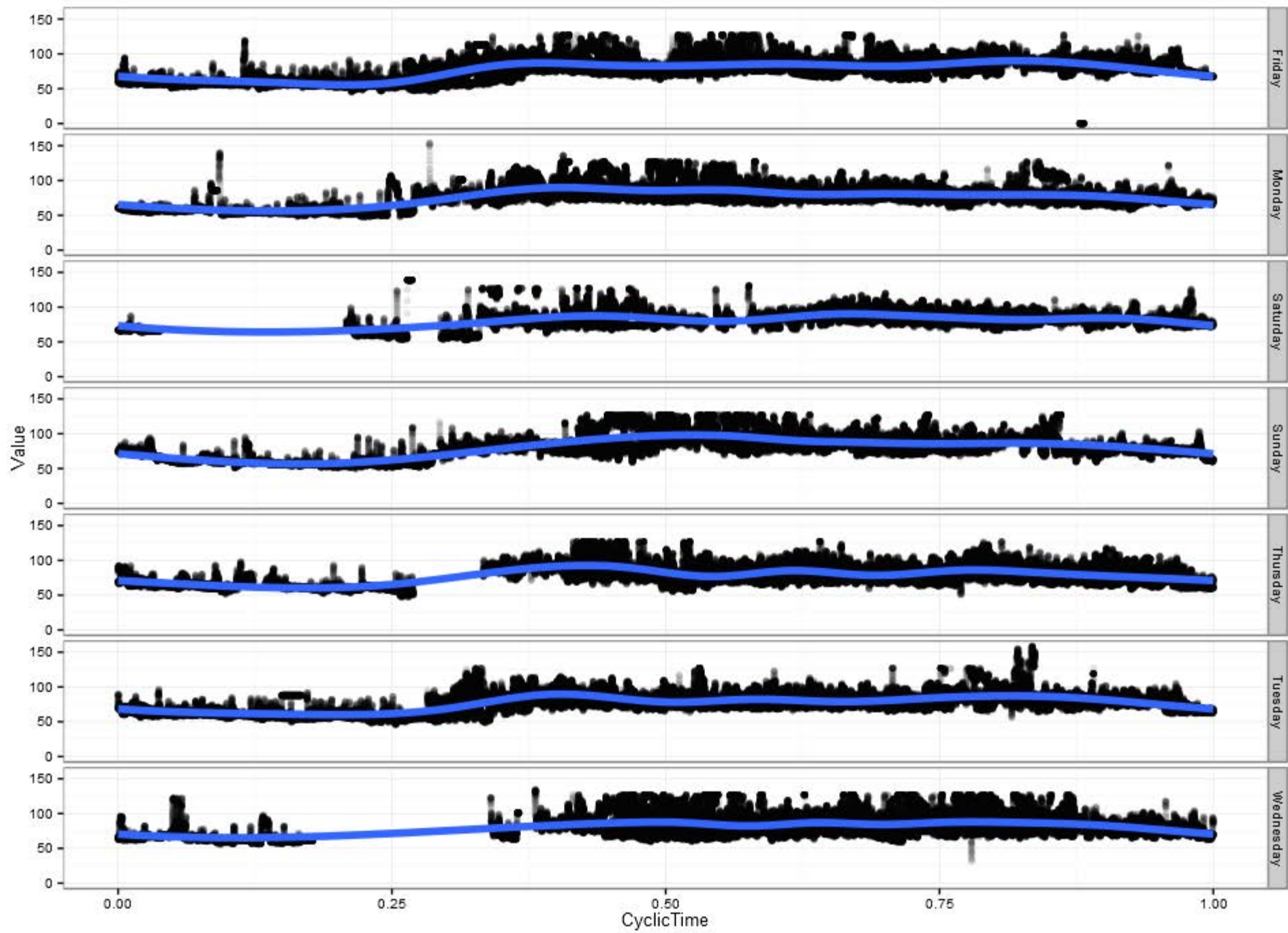
Cyclic GAM smoother

Fitbit data file

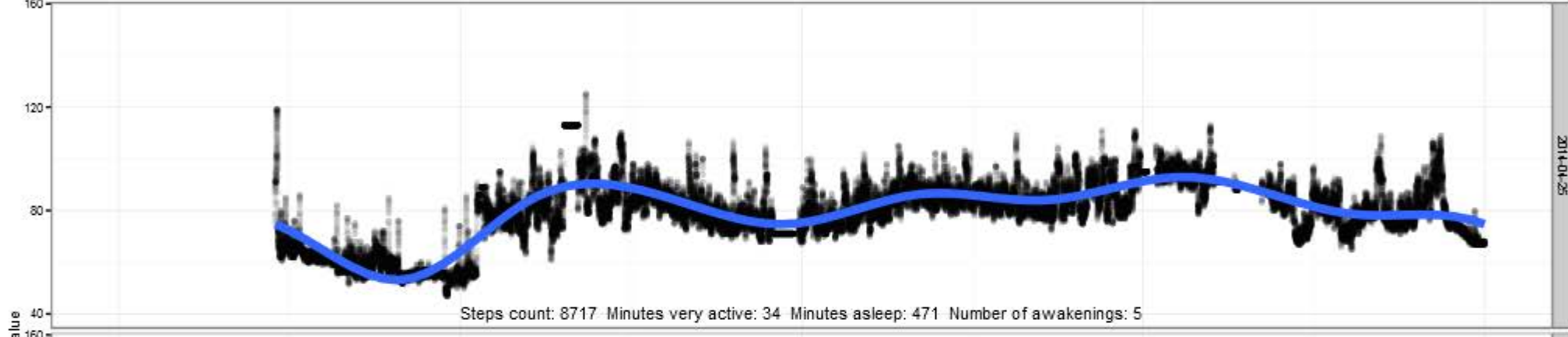
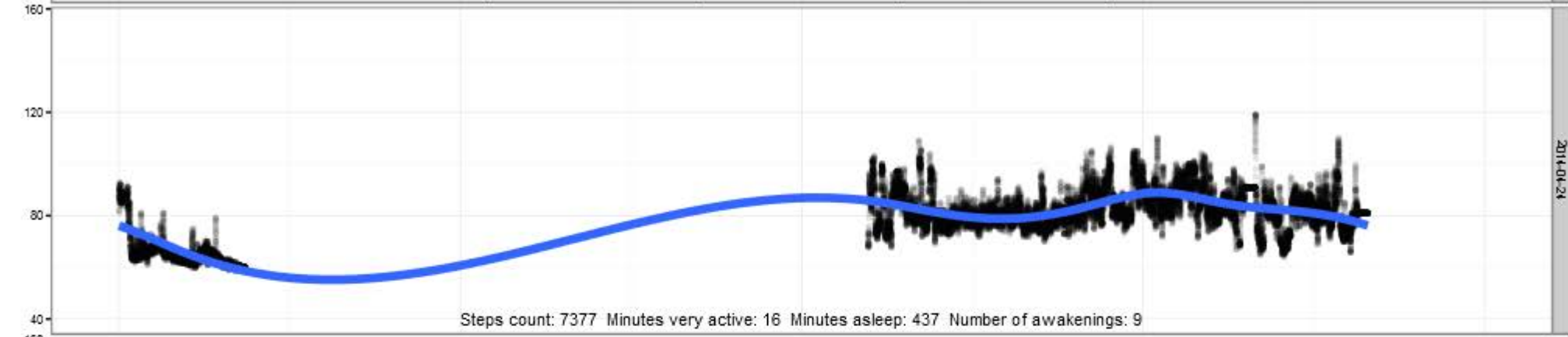
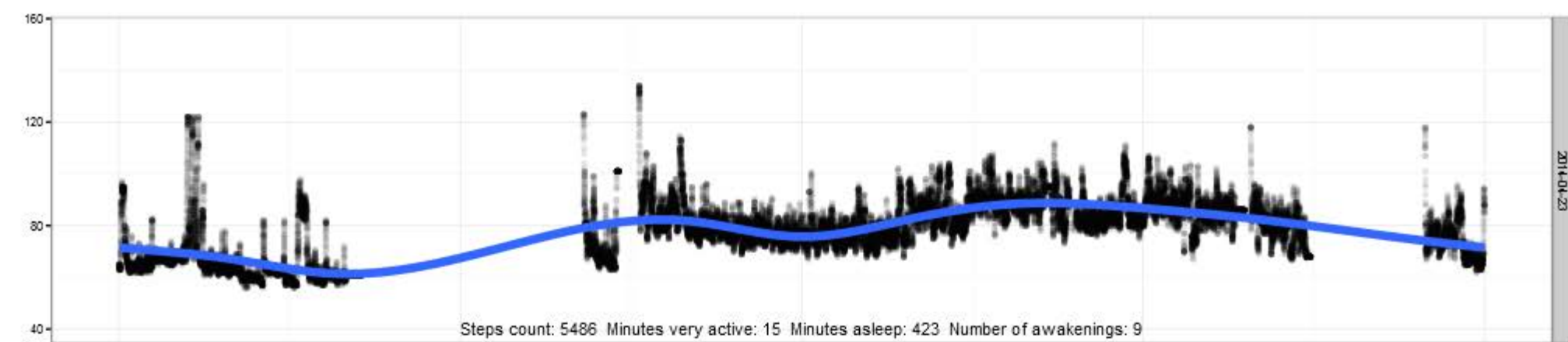
Choose File No file chosen

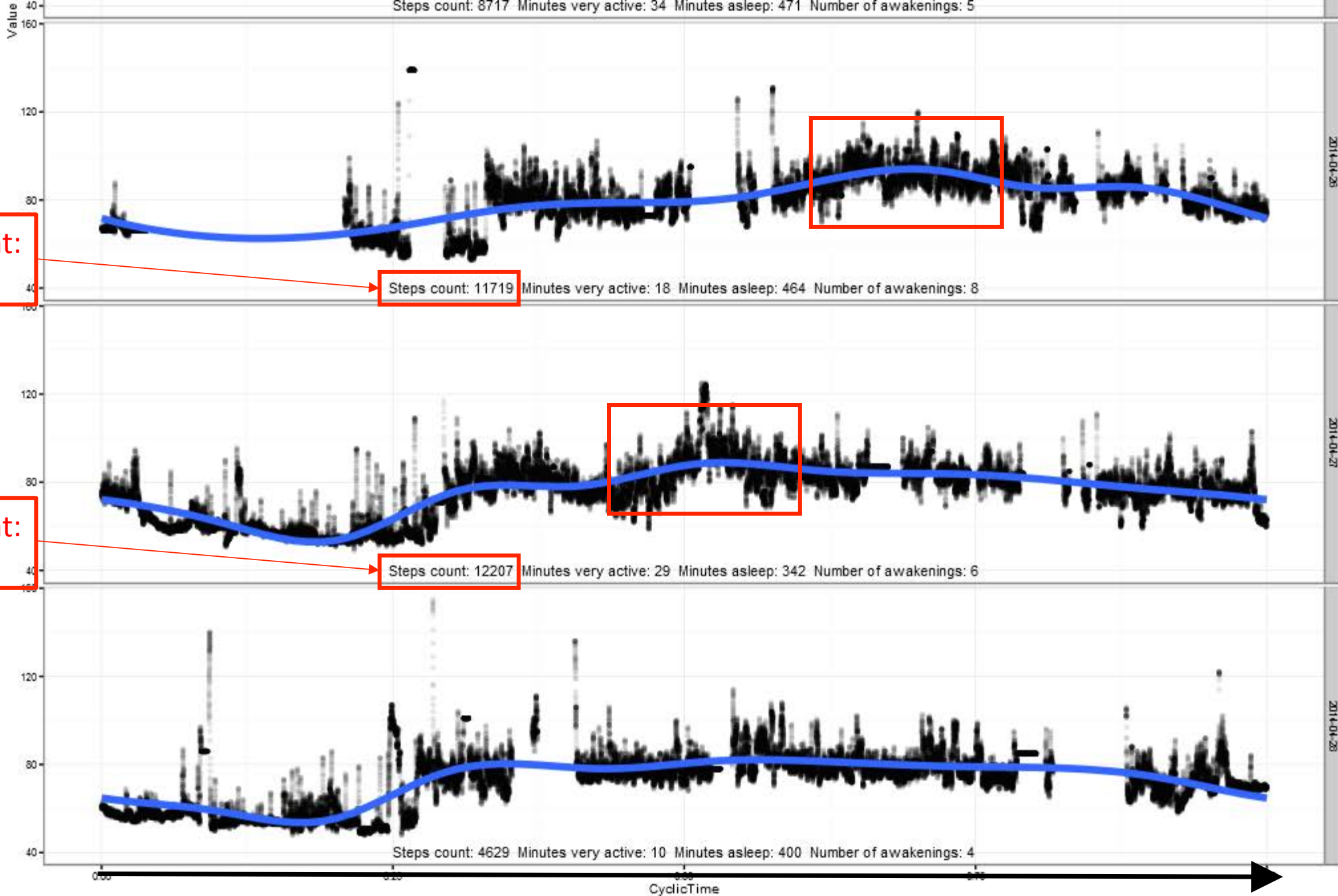
Graphs HP Data Fitbit data





Additional data





Steps count:
11719

Steps count: 11719 Minutes very active: 18 Minutes asleep: 464 Number of awakenings: 8

Steps count:
12207

Steps count: 12207 Minutes very active: 29 Minutes asleep: 342 Number of awakenings: 6

Steps count: 4629 Minutes very active: 10 Minutes asleep: 400 Number of awakenings: 4

0 – start of day (midnight)

0.5 – middle of day (noon)

1 – end of day (midnight)

Bottom line

What is your curve?



App

<http://bit.ly/1jhVxnk>



vCard



LinkedIn

<http://linkd.in/RtHcZN>

Thank you ...

crt.ahlin@gmail.com



Quantified Self
Europe 2014