

HACKING MYSELF

*WHAT I LEARNED*

ABOUT MYWEIGHT

&

ABOUT MYSLEEP QUALITY

WHAT DID I DO?

I SPENT BETWEEN 30-35 HOURS  
PUTTING MY DATA TOGETHER IN AN  
EXCEL FILE!

...AND BETWEEN 3-5 HOURS TRYING TO  
MAKE SENSE OF MY DATA...

HOW DID I DO IT?





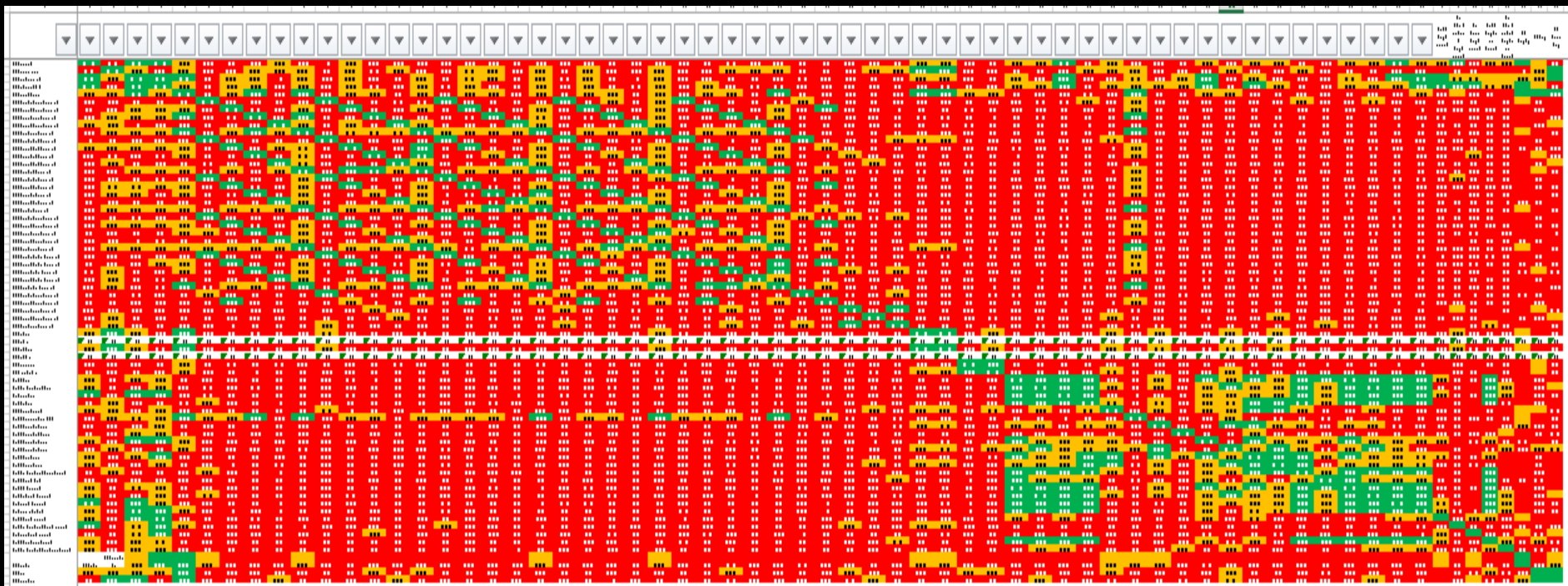
# RunKeeper





HOW DID MY DATA LOOK LIKE IN EXCEL?

LIKE THIS...  
FROM A DISTANCE...



WHAT DID I ASSUME BEFORE I DO THIS  
EXERCISE?

# WHEN

CALORIES ↑

FAT ↑

CYCLING ↑

PROTEIN ↑

FAT MASS ↑

TOTAL SLEEP ↑

CYCLING ↑

# THEN

WEIGHT ↑

WEIGHT ↑

WEIGHT ↓

WEIGHT ↑

SLEEP QUALITY ↓

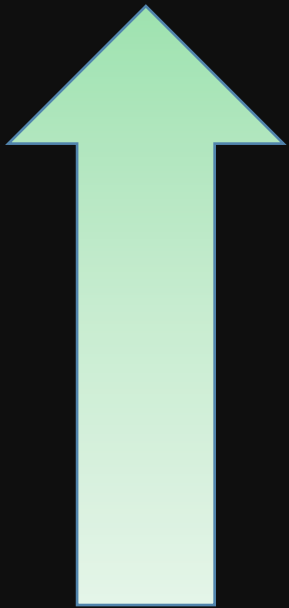
SLEEP QUALITY ↑

SLEEP QUALITY ↑

SO, WHAT DRIVES  
MY WEIGHT?

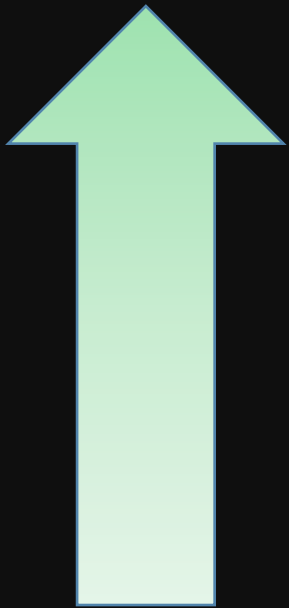
I can decrease my **WEIGHT** by:

*SLIGHTLY INCREASING MY CALORIES  
INTAKE DURING BREAKFAST*



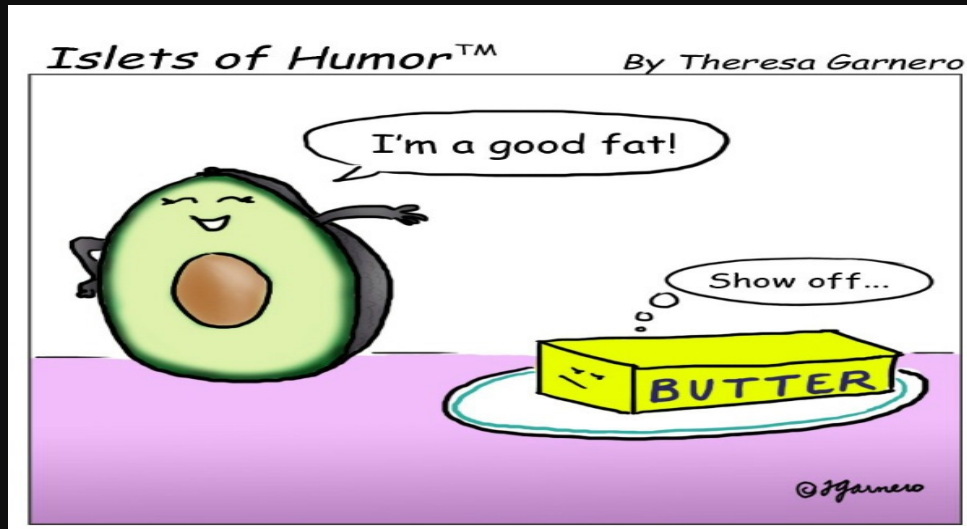
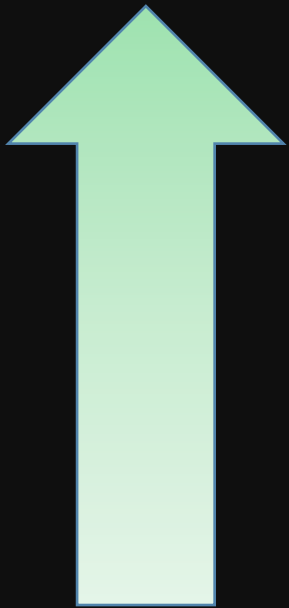
I can decrease my **WEIGHT** by:

*SLIGHTLY INCREASING MY CALORIES  
INTAKE DURING THE DAY*



I can decrease my **WEIGHT** by:

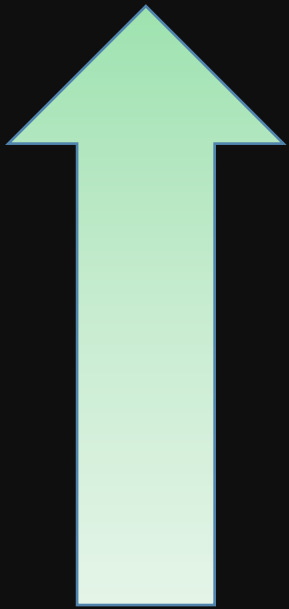
*SLIGHTLY INCREASING MY FAT  
INTAKE DURING THE DAY*





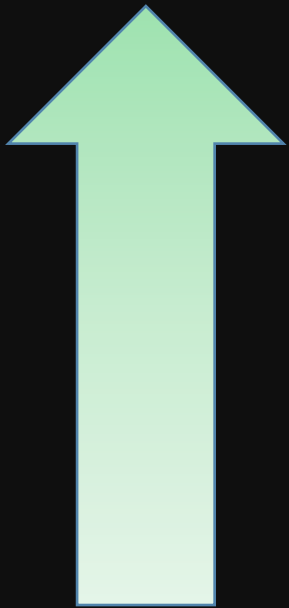
I can decrease my **WEIGHT** by:

*SLIGHTLY INCREASING MY PROTEIN  
INTAKE DURING THE DAY*



I can decrease my **WEIGHT** by:

*SLIGHTLY INCREASING THE CALORIES  
I BURN (from Fitbit) WHEN I WALK*

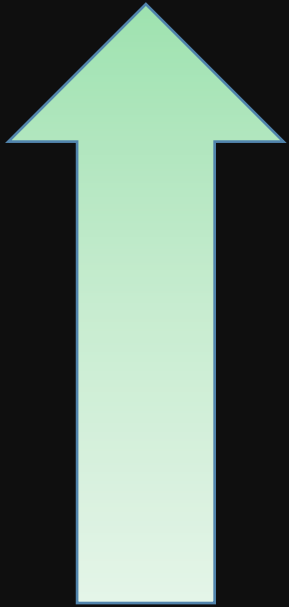


*"Exactly how long of a walk do  
you want me to take you on?"*

SO, WHAT DRIVES  
MY SLEEP QUALITY?

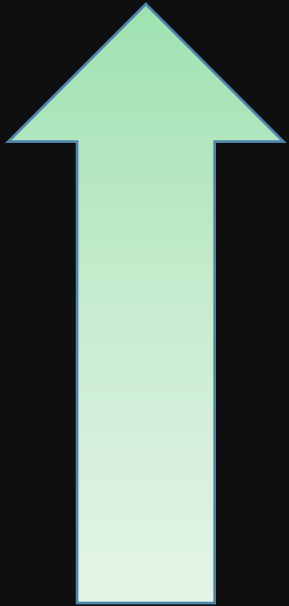
I can increase my **SLEEP QUALITY** by:

*SLIGHTLY INCREASING THE CALORIES  
I BURN WHEN I CYCLE*



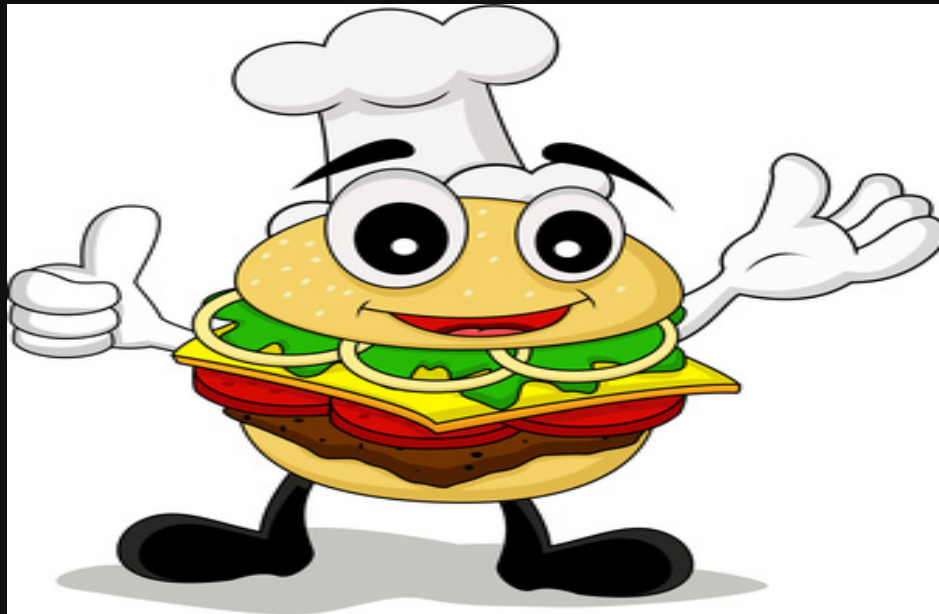
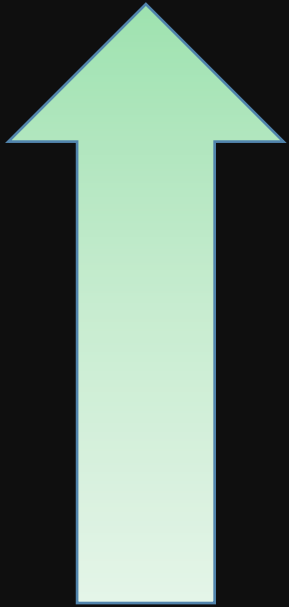
I can increase my **SLEEP QUALITY** by:

*SLIGHTLY INCREASING THE MINUTES  
I SLEEP*



I can increase my **SLEEP QUALITY** by:

*SLIGHTLY INCREASING MY FAT MASS*



WHAT DID I FIND OUT AFTER I DID THIS  
EXERCISE?

# WHEN

CALORIES ↑

FAT ↑

CYCLING ↑

PROTEIN ↑

FAT MASS ↑

TOTAL SLEEP ↑

CYCLING ↑

# THEN

WEIGHT ↑

WEIGHT ↑

WEIGHT ↓

WEIGHT ↑

SLEEP QUALITY ↓

SLEEP QUALITY ↑

SLEEP QUALITY ↑





Most important takeaways from my tracking experience:

*General assumptions don't work for individuals*

*We shouldn't live our lives on data but there is an added value living our lives with data.*

Thank you!

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Breakout Discussion:  
Aggregator platforms: Understanding data?

Join Erik Holland Haukebo and myself  
tomorrow at 10:30 in Harvard