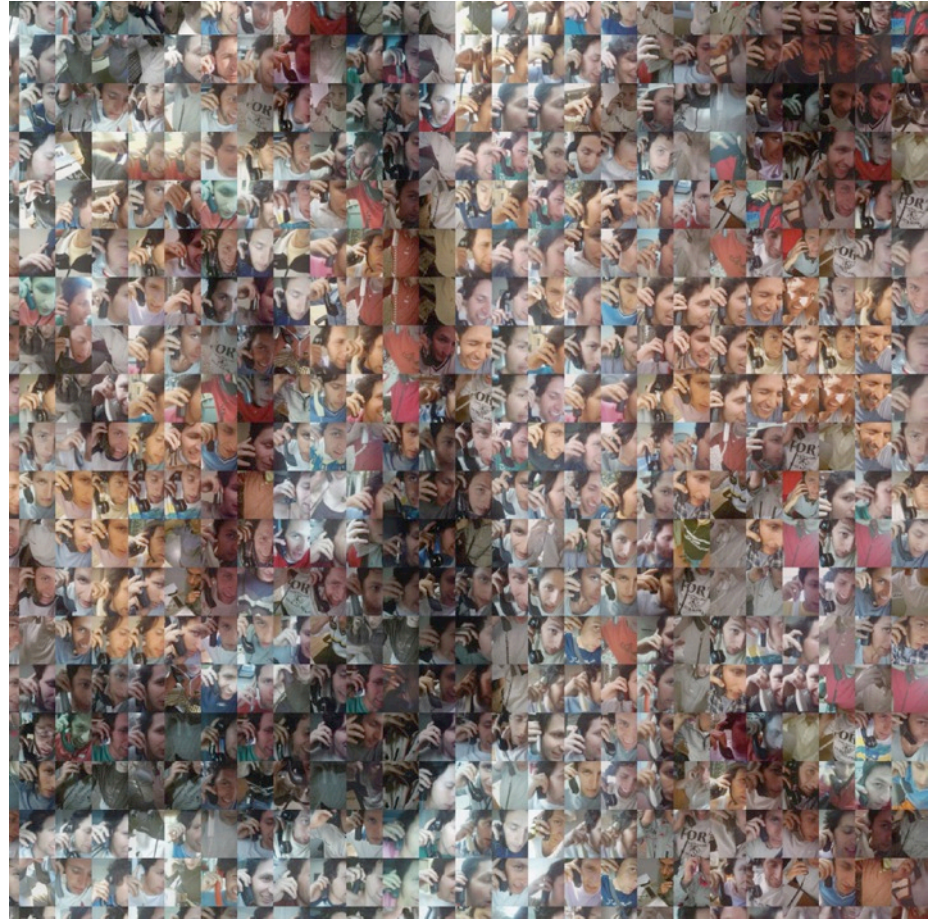
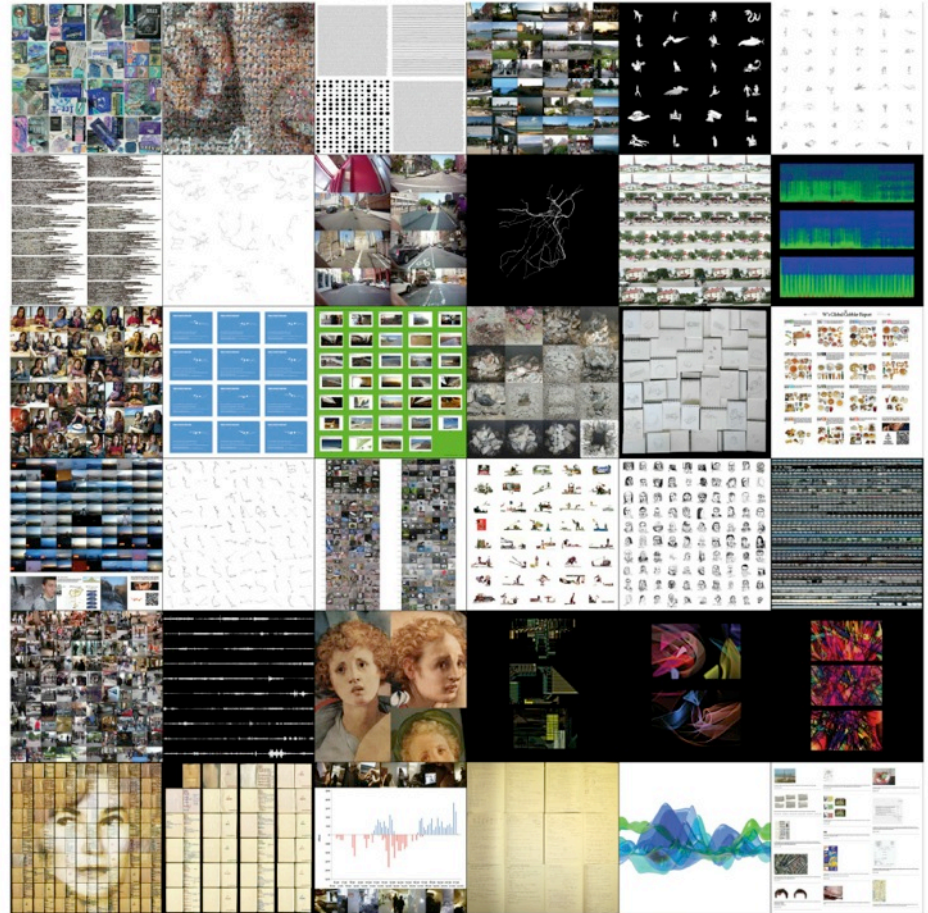


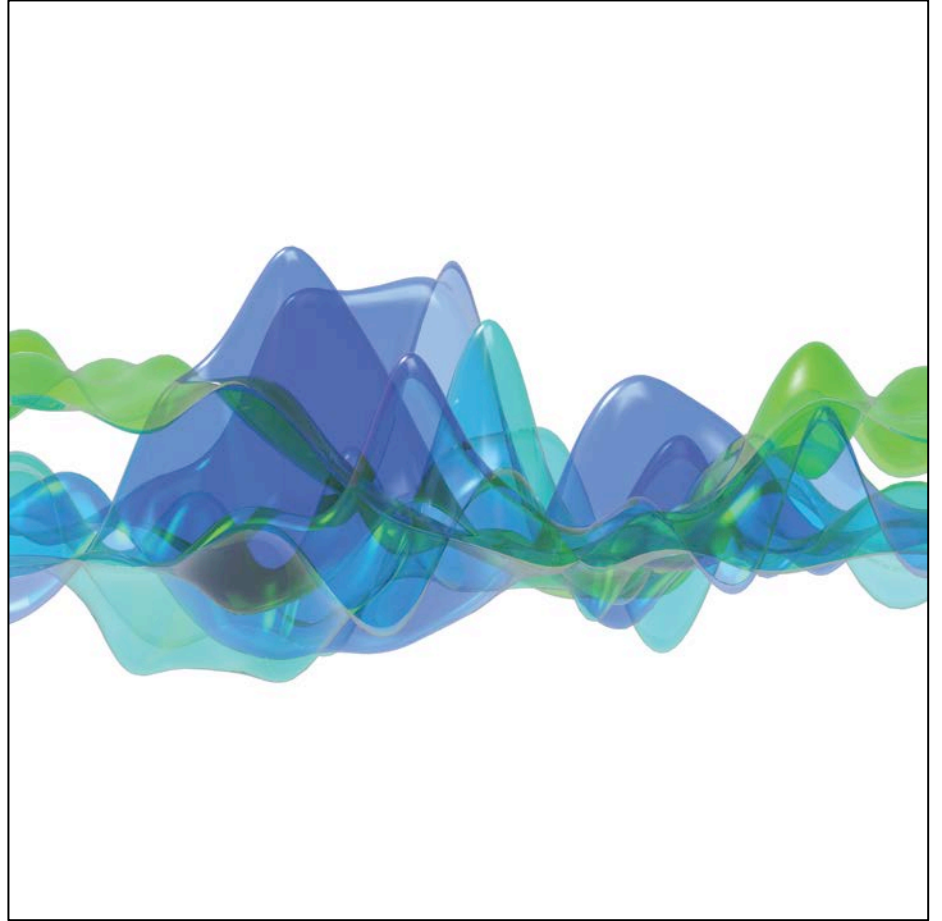
Alberto Frigo



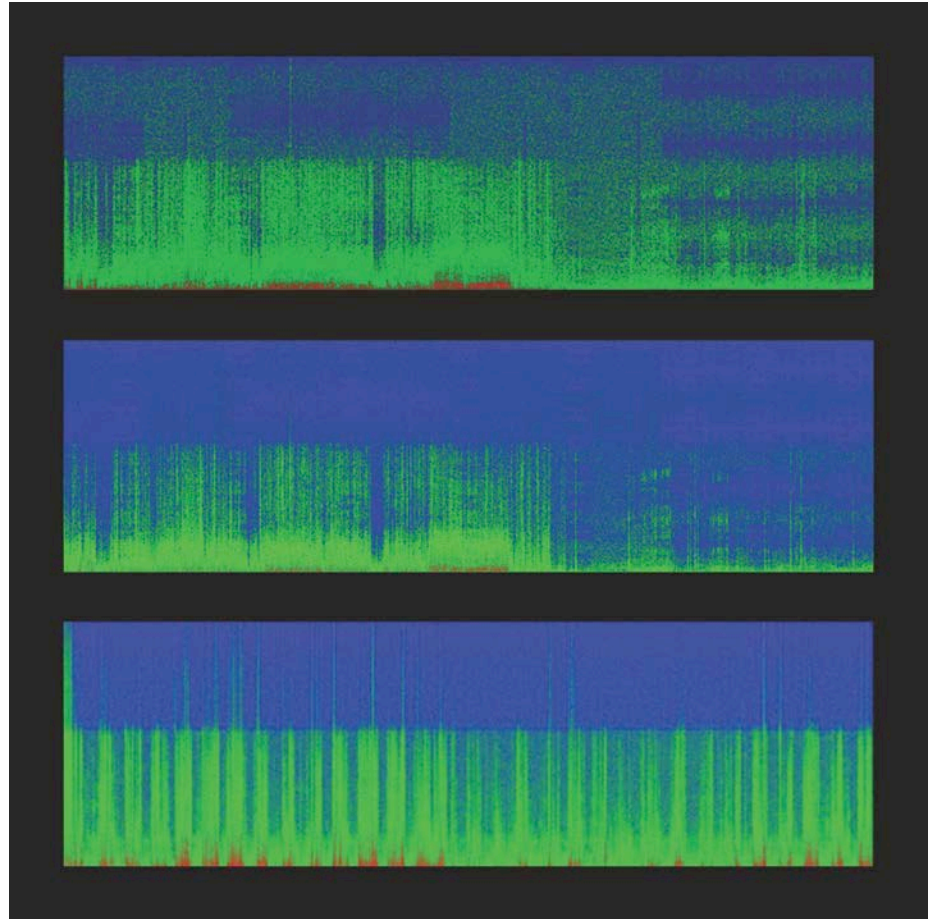
The Art of Self-Tracking



Stephen Cartwright



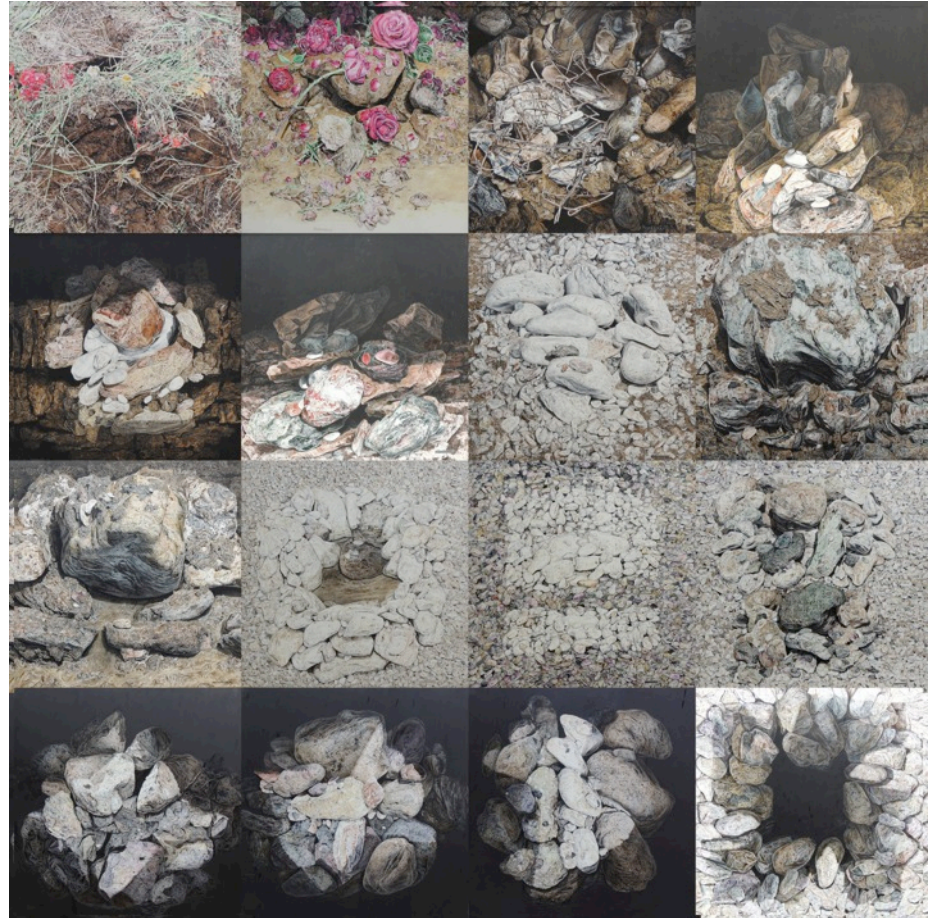
Davide Di Saro & Kristy Trinier



Janina Turek



Giovanni Meneguzzo



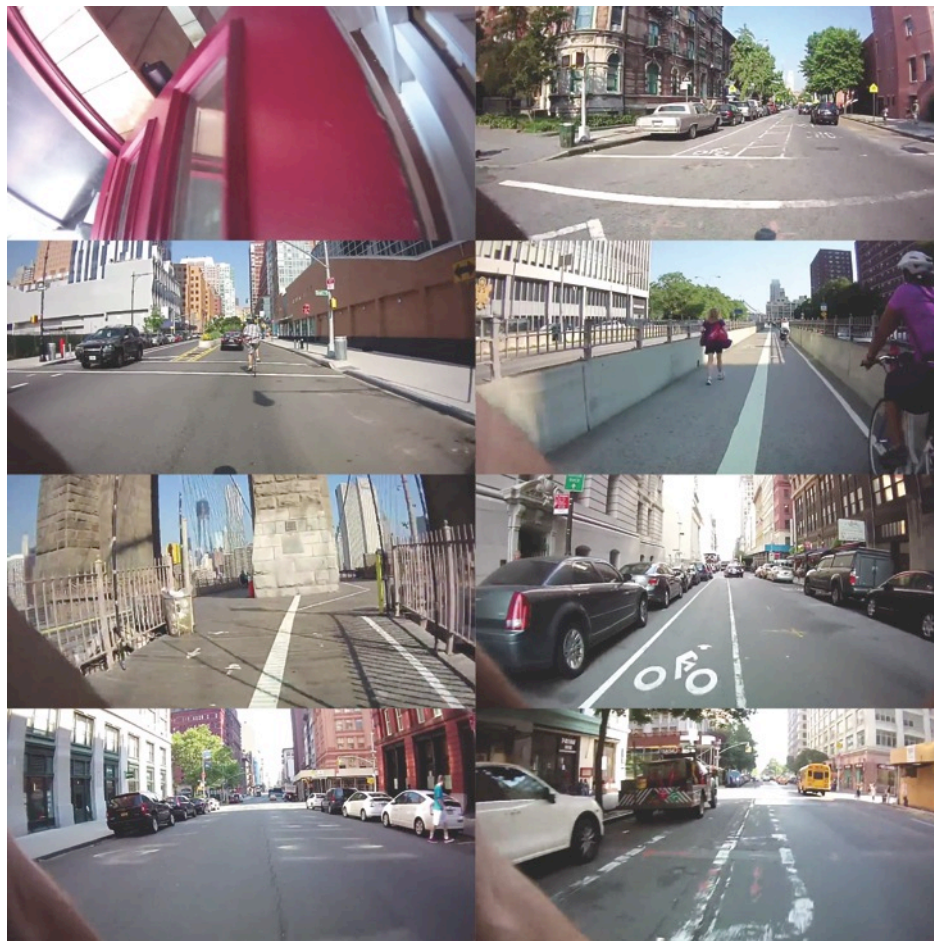
Ellie Harrison



Daniel Peltz



Brian House



Yann Vandarme



On March 12 2006, I went up almost to the 2nd floor of the Eiffel Tower. That is equivalent to 15% of its height.
 $0.15 \times 320 = 48$



Between March 22 and April 11 2006, I watched several films in cinema, totaling at 15% of their total length.
 $0.15 \times 120 = 18$ $0.15 \times 100 = 15$ $0.15 \times 101 = 15.15$ $0.15 \times 102 = 15.3$ $0.15 \times 103 = 15.45$ $0.15 \times 104 = 15.6$ $0.15 \times 105 = 15.75$ $0.15 \times 106 = 15.9$ $0.15 \times 107 = 16.05$



On April 4 2006, I went to a demonstration against a French governmental measure. In Paris, the march had to go from rue de Valenciennes Place de la République to Place Château, and I got the march at a street halfway (Place de la Bastille) which made me walk about 15% of the total length of the route.
 $0.15 \times 6.5 = 0.975$



On Sunday December 17 2006, I walked 15% of the way between my apartment and the bakery where I usually buy bread. I walked back home. A way to buy bread at 15%.
 $0.15 \times 300 = 45$



On November 22 2006, the average length of my hair was around 6.6 centimeters. The next day I went to a hairdresser asking him to cut it 15% off. The hairdresser "is stupid" for "the usual 2 centimeters".
 $0.15 \times 6.6 = 0.99$



On December 20 2006, on a Pharmacy bus, I bought a shirt at a friend at 15%. We both chose the same size (L 80-92) and we paid 1 respectively after that I paid for both 1.21 €, what is approximately 15% of the shirt's price.
 $0.15 \times 8.0 = 1.2$



During the week of January 14 to 17 2007, I played watchword... Taking care to use 15% of my allowed to win or something 15% of the margin.
 $0.15 \times 2 = 0.3$

060

On February 4 2007, after the Sunday afternoon class, I decided to call my mom to catch up on news. Of the 18 characters of her number, I called only 3 of them.
 $0.15 \times 18 = 2.7$



On February 6 2007, I prepared pasta for lunch. The cooking time is 8 minutes. I reduced it by 2 minutes and 30 seconds which is 15%.
They were very crispy. I ate them with an olive and tomato sauce.
 $0.15 \times 8 = 1.2$



The afternoon of June 12 2007, I used a bath filling the tub at 15% of its usual level. It was too quick, so I didn't stay too long.



On October 25 2007, I dressed myself with 3 items of clothing. That is 15% less than the 18 items I wore the day before. That is the same of day.
 $0.15 \times 18 = 2.7$



On September 19 2008, I started reading the because of a wall. The doctor prescribed BIODIVERSITEZ and FIBRE. 10.000€ I reserve also get 1000 items in 11 items or 45%. I decided to take 15% of that so I went to read 1 item each for a couple of days after the end of this short-hand meeting.
 $0.15 \times 15 = 2.25$



On September 30 2008, I bought new glasses asking the optician to make glasses which correct my vision by 15%. Using an old prescription he made my new 15% glasses.
 $8 \times 0.15 = 1.2$



On September 27 2008, I went on a pilgrimage to London at 15%. Which means I went to Charente-le-Port in the boat instead approximately at 15% of the distance between Paris (my home town) and London.

We are continuously in search for historical and contemporary self tracking-related practices and venues where to exhibit and discuss them

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