



# Fractality of life

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12

minutes

2014

Why do I track the things I track?

### **Sleepdiary:**

Sleep quality (1-10)  
Sleep duration (hours)  
Extra time in bed (hours)  
Time wake up (hours)  
Diff. get out of bed (1-10)  
Subj. temperature (1-10)  
Slept together (0 or 1)  
Other bed (0 or 1)  
Flightmode (0 or 1)  
Times wake up  
Dreams  
Wake before alarm (hours)  
Bodyweight (kg)

### **Workdiary:**

Flow (1-10)  
Stress (1-10)  
Project HealthQuest (hours)  
Project HNGW (hours)  
Project Healthy Workplace (hours)  
Subj. sleep temperature (1-10)  
Work location  
Meetings (hours)  
Break (hours)  
Transport (hours)  
Other (What? + hours)

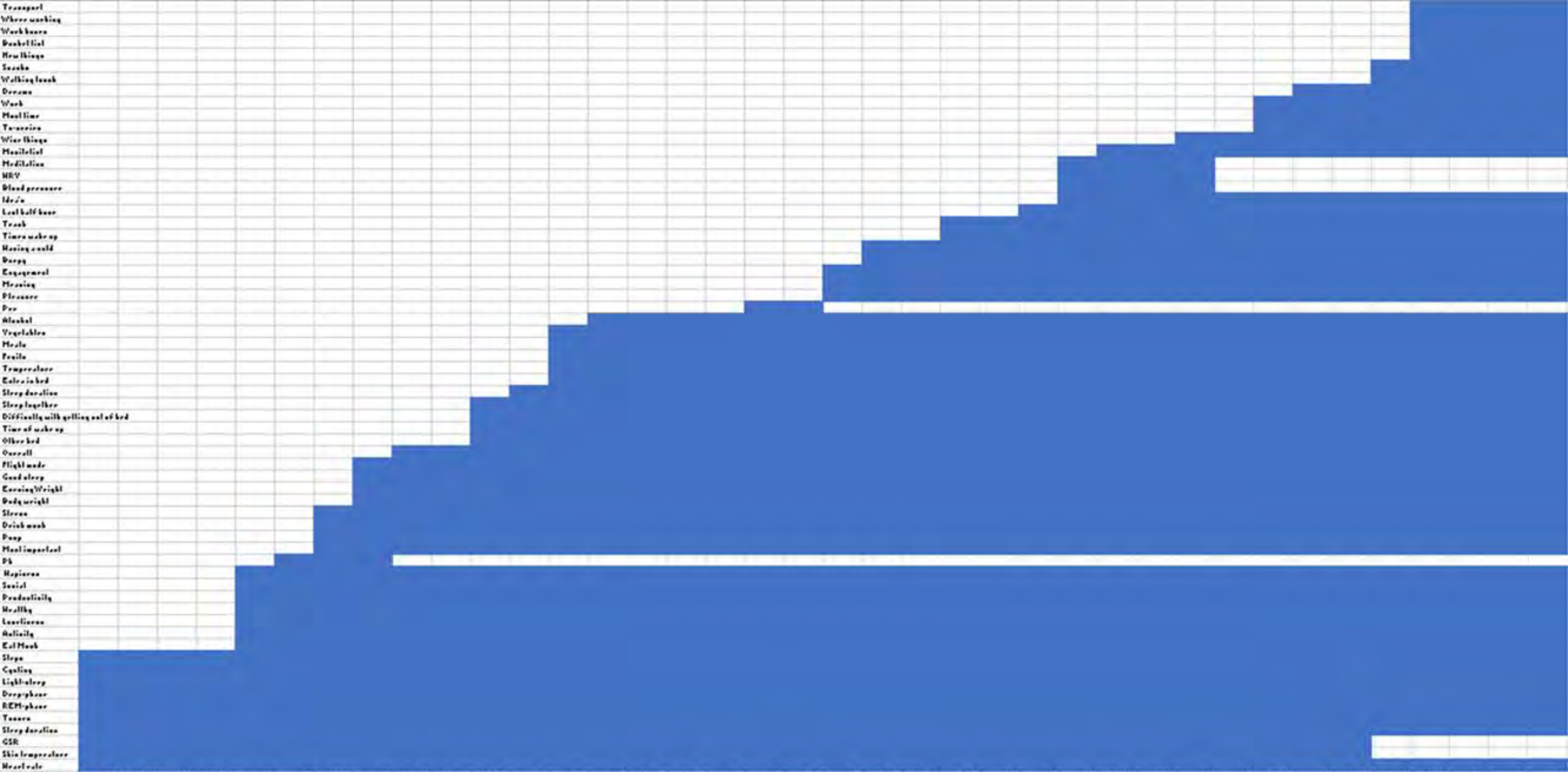


### **Eveningdiary:**

Happiness (1-10)  
Meaning (1-10)  
Flow(1-10)  
Loneliness (1-10)  
Productivity (1-10)  
Activity (1-10)  
Stress (1-10)  
Healthy (1-10)  
Overall succes of day (1-10)  
Social (1-10)  
Drink amount (1-10)  
Eat amount (1-10)  
Fruit (per piece)  
Meat (in grams)  
Vegetables (in grams)  
Alcohol (per drink)  
Daysummary (text)  
TV/series tim (hours)  
New things (1-10)  
Most time spend were (1,2,3,4)

### **During the day:**

First Mybasis B1, now Fitbit Charge 2 (and sometimes other devices)



April 2014

August 15

August 16

May 17



38% subjective experiences

39% Activities

16% Physiological variables

7% situational variables



In my mind, **Subjective experiences** are the most relevant factors to track but lack comparability, and change with time

**Activities** are easy to track, and easy to manipulate

**Physiological parameters** are relevant but sometimes invalid, harder to analyze and often don't give the full picture

**Situational variables** are not that variable to me

I want one overall score per important life factor to keep the holistic mind.

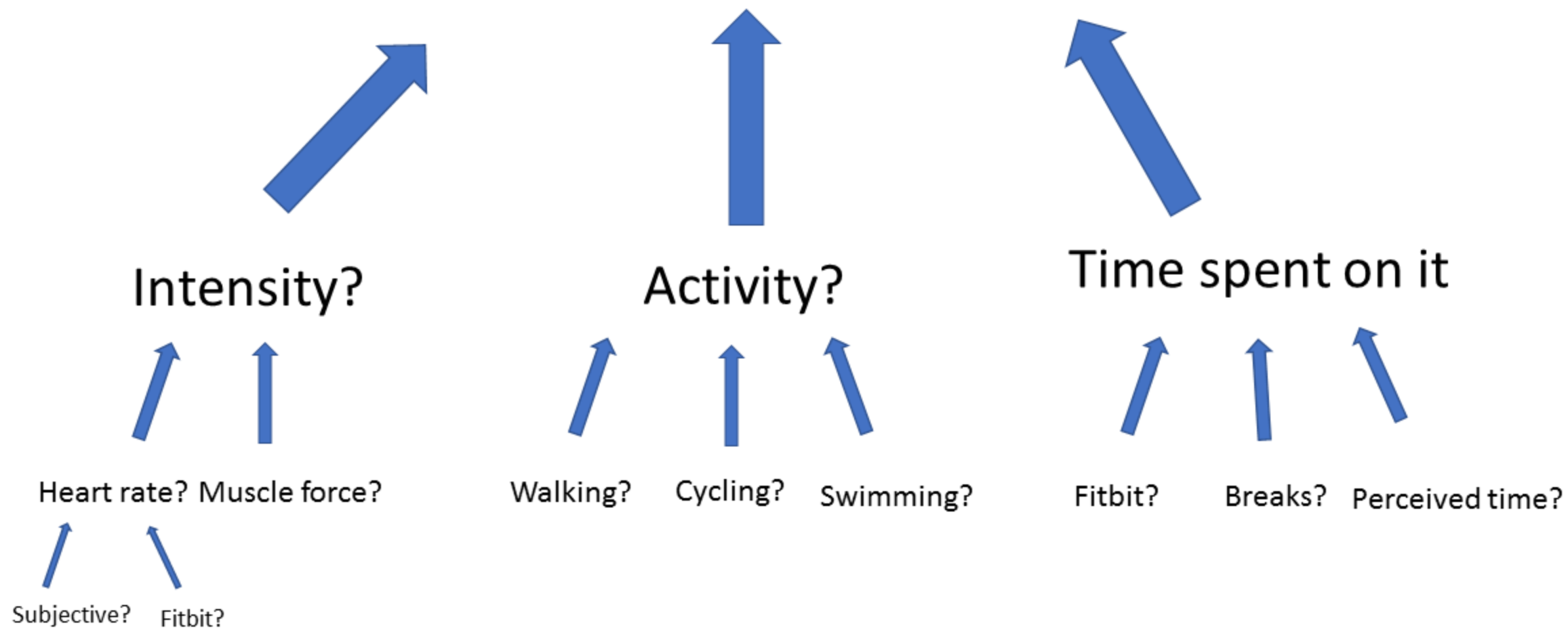
And to be able to compare individual factors

Sometimes, I can't or won't track all the variables beneath these important life factors

Thus, I track my subjective experiences

For example: Physical activity (1-10)

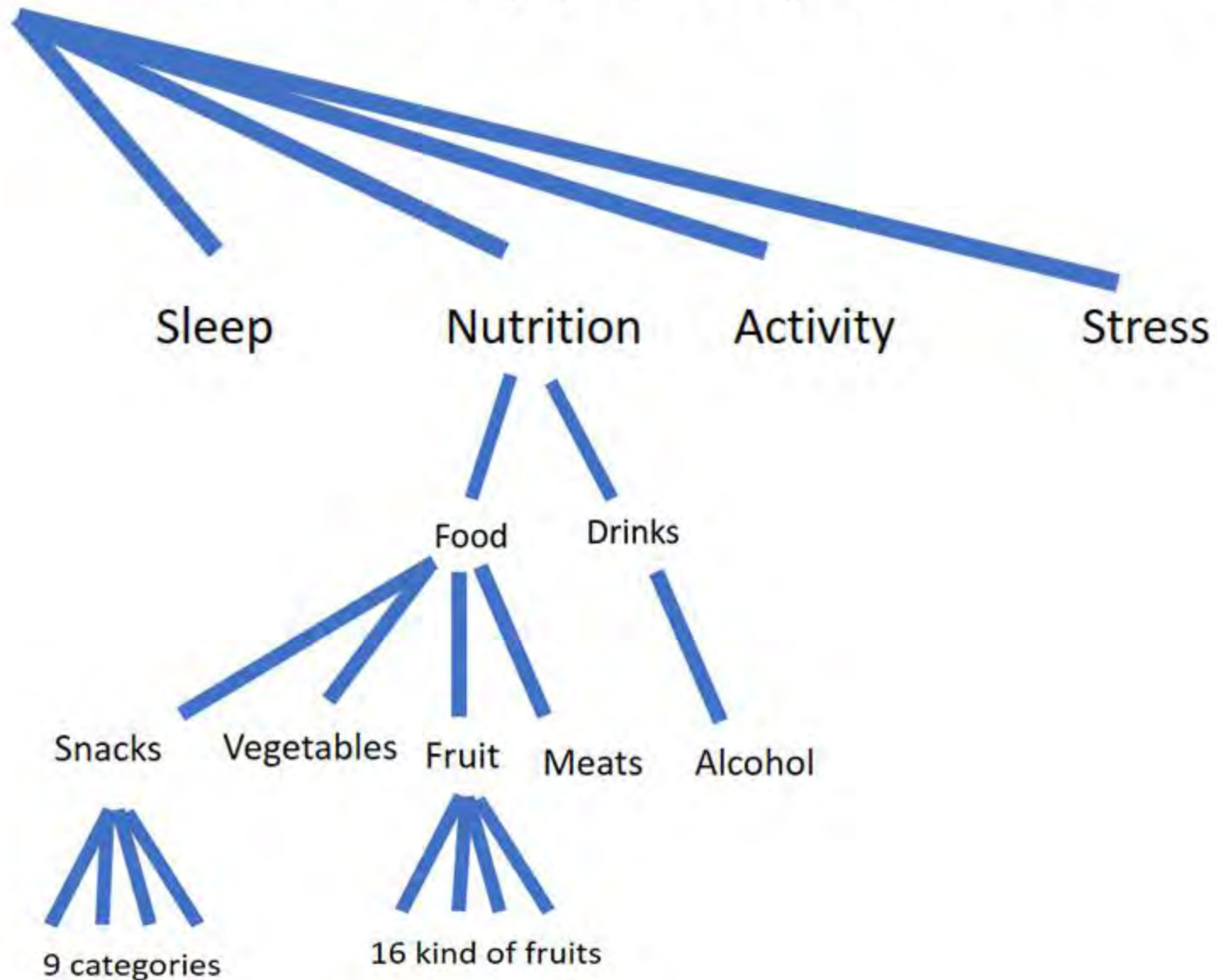
# What makes me feel physical active?

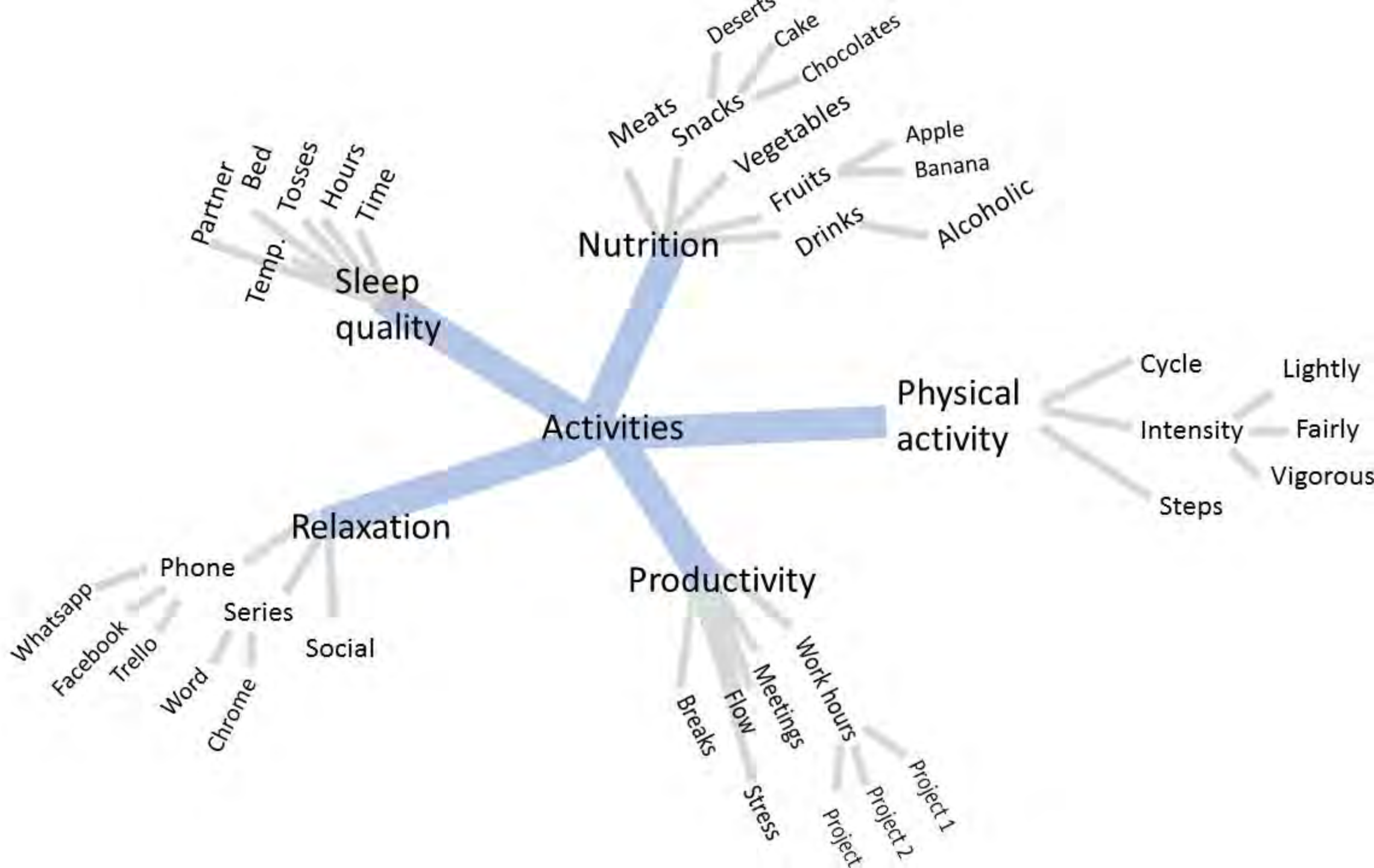


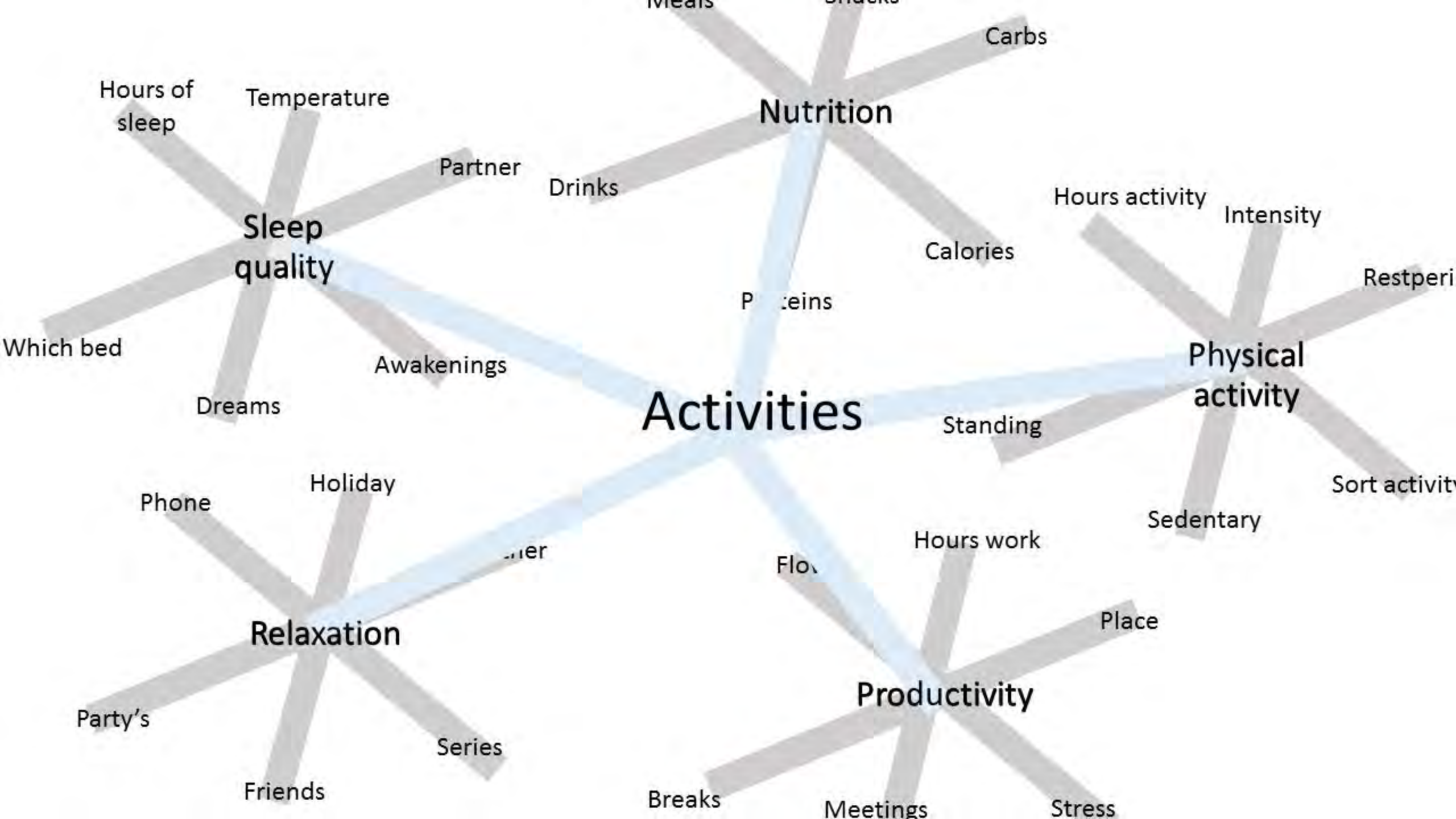
# Sometimes...

I want to understand and change my subjective experiences

# What influences my perception of health?

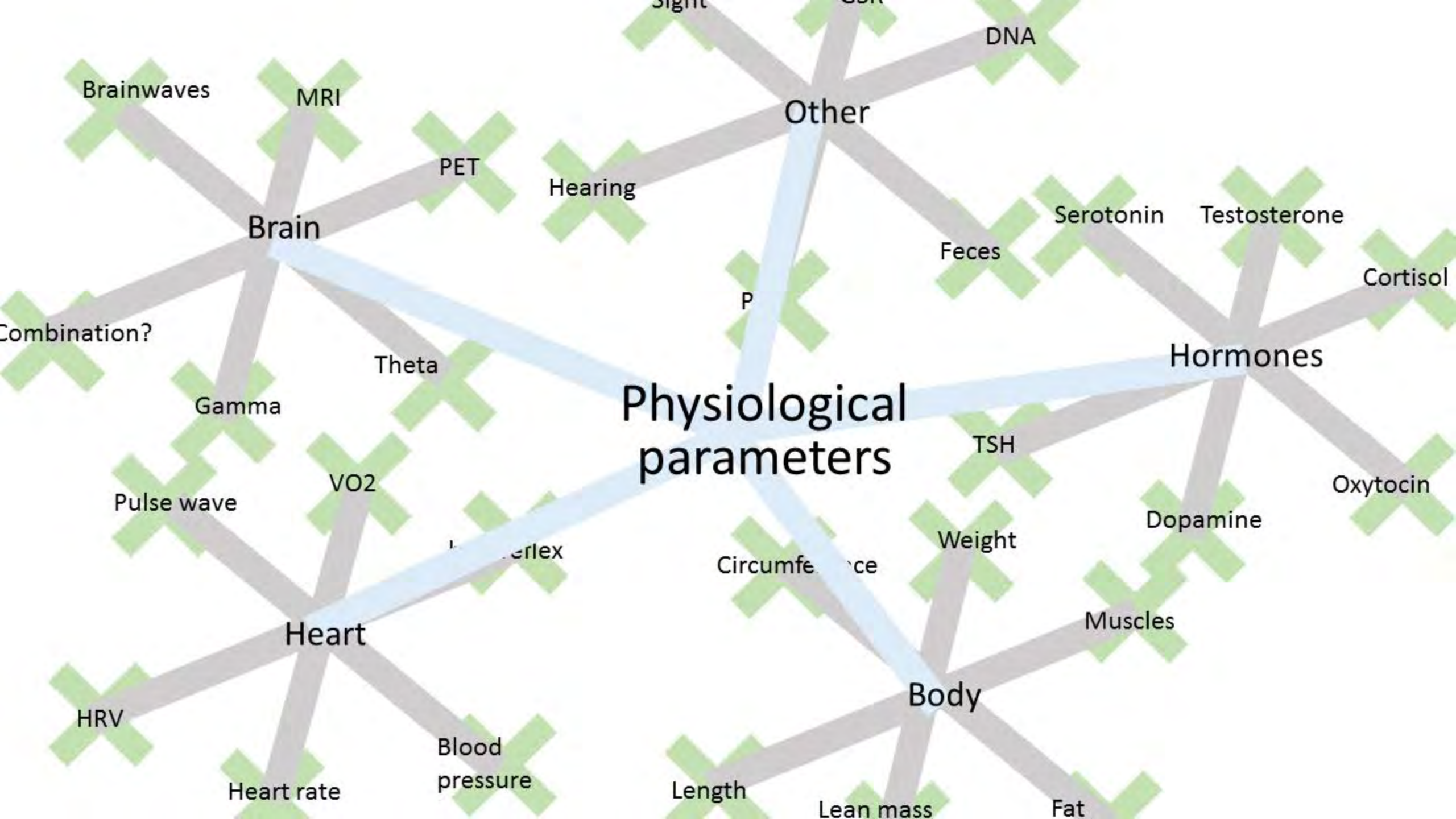












# Physiological parameters

Brain

Heart

Body

Hormones

Other

Brainwaves

MRI

PET

Hearing

Theta

Gamma

Pulse wave

VO2

Reflex

HRV

Heart rate

Blood pressure

Length

Lean mass

Fat

Circumference

Weight

Muscles

Dopamine

TSH

Feces

P

DNA

Serotonin

Testosterone

Cortisol

Oxytocin

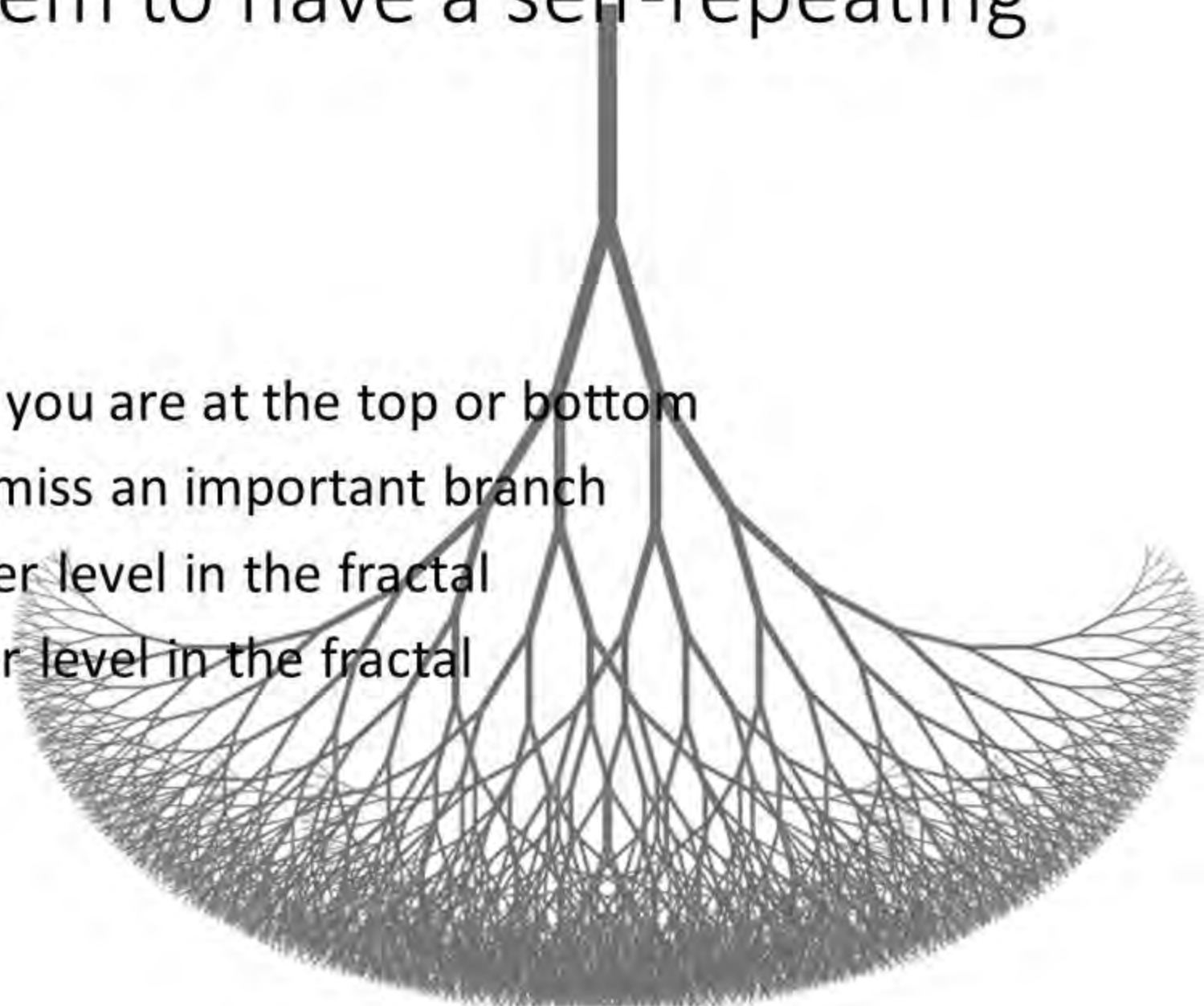
Combination?



These concepts seem to have a self-repeating fractal-like shape

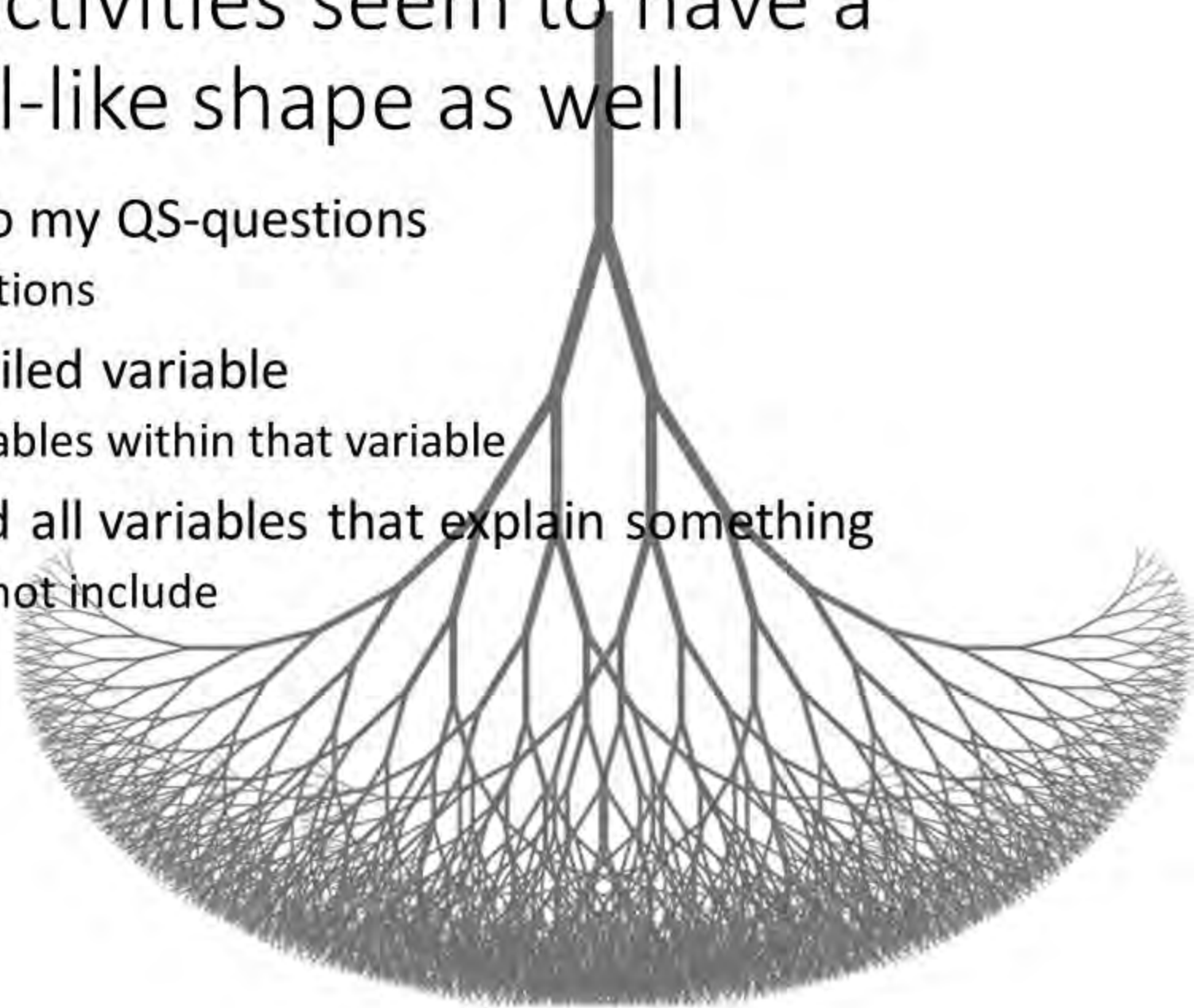
**In theory:**

- Fractals are infinitely long
- You'll never know whether you are at the top or bottom
- Therefore, you can always miss an important branch
- You can always find a deeper level in the fractal
- You can always find a higher level in the fractal

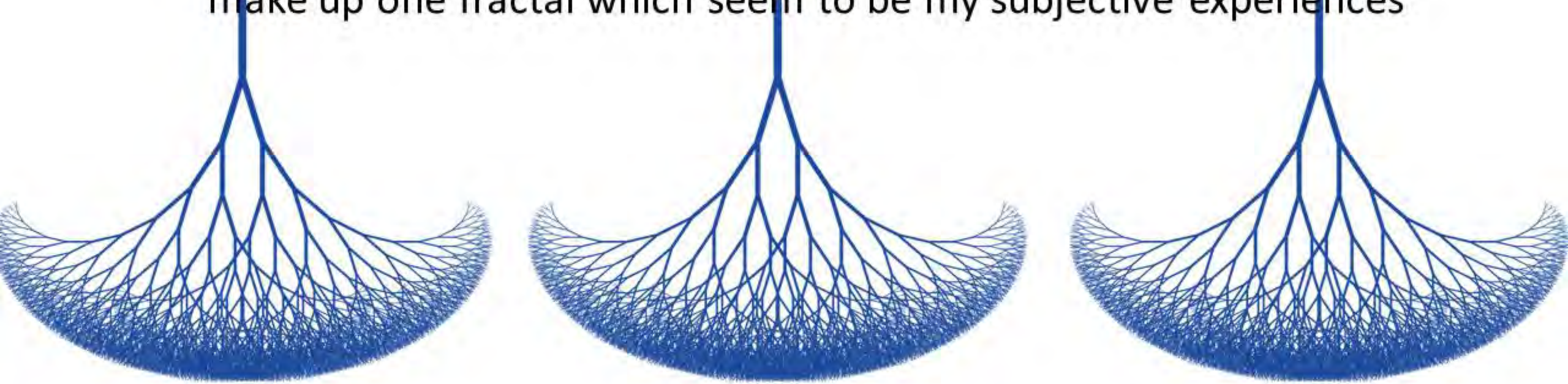


# My Quantified Self activities seem to have a self-repeating fractal-like shape as well

- Every time I have an answer to my QS-questions
  - It raises a new but similar questions
- Every time I track a more detailed variable
  - It seems like there are sub-variables within that variable
- Every time I thought I included all variables that explain something
  - I find more variables that I did not include



Together, physiological parameters, situational factors, and activities make up one fractal which seem to be my subjective experiences

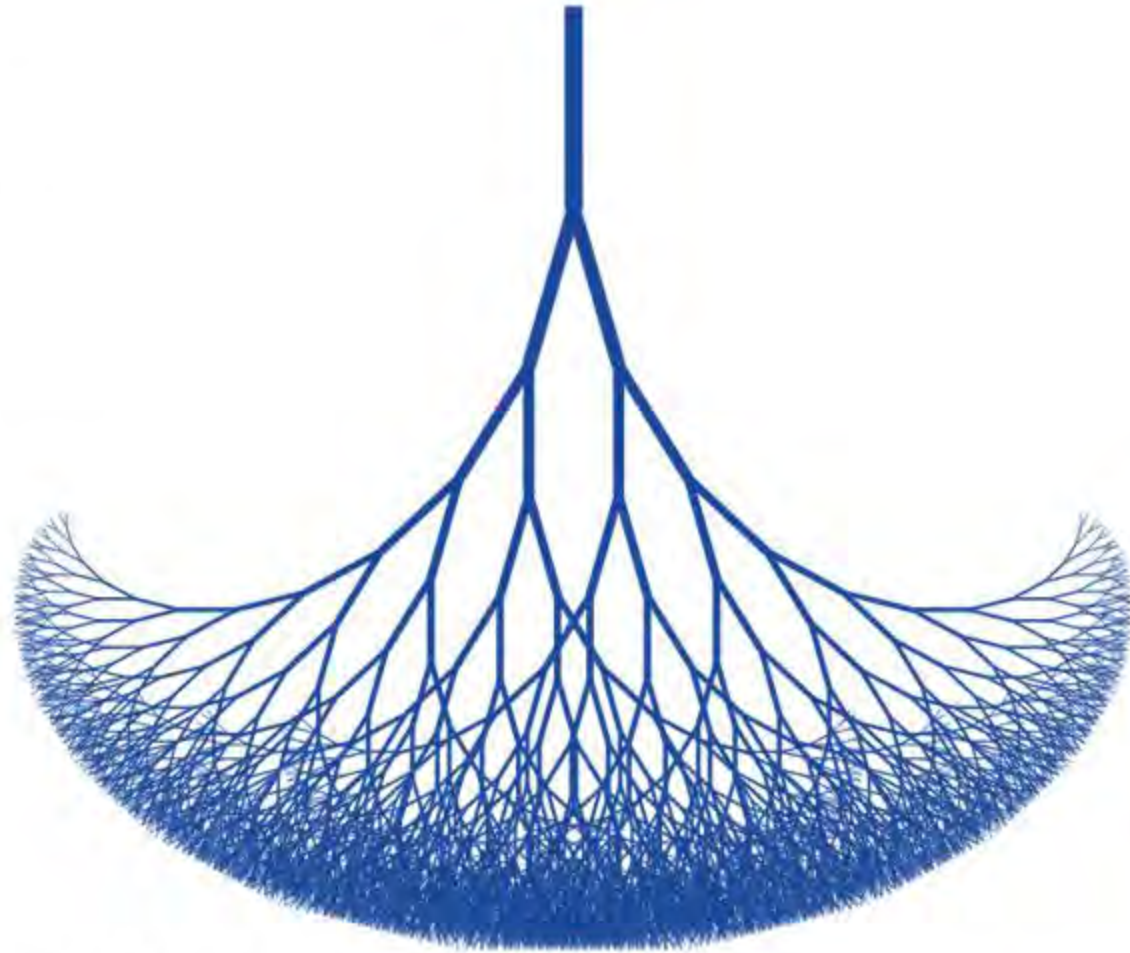
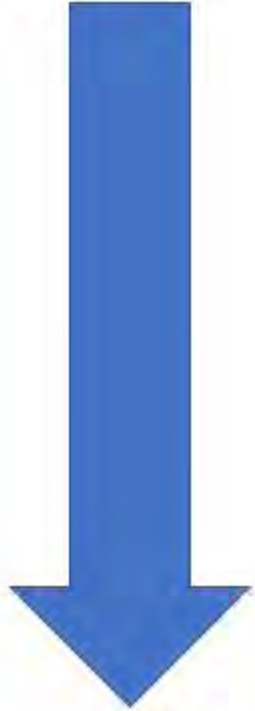


But are subjective experiences just an algorithm of:

Activities \* situational \* physiological responses?

Or am I missing a branch?

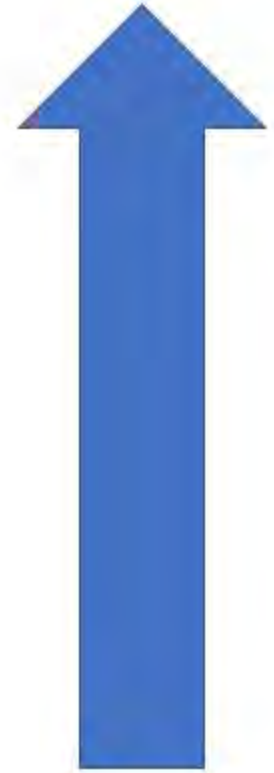
Me trying to explain every factor to each detail



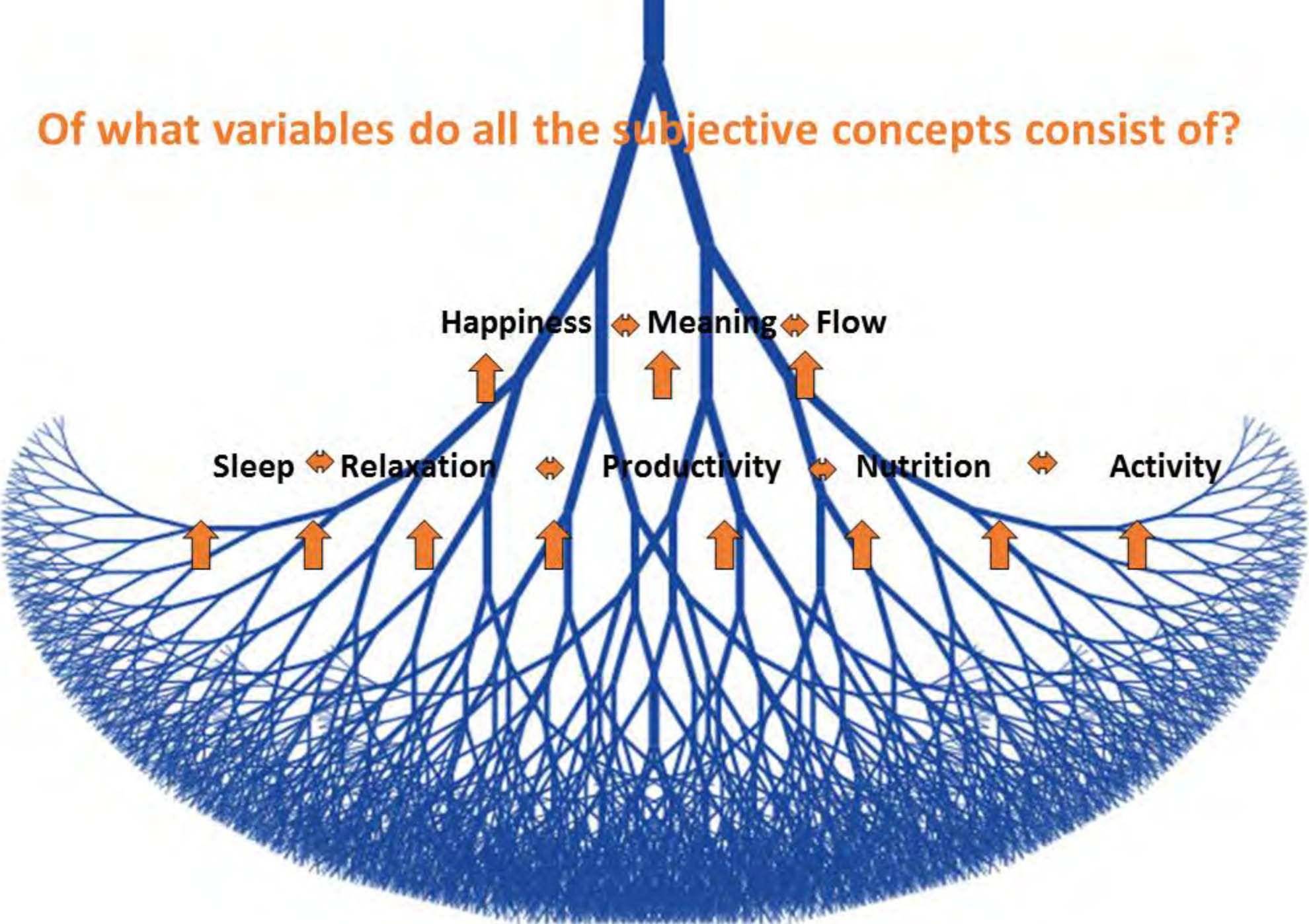
Me trying to find more contributing factors



Me trying to understand all the concepts

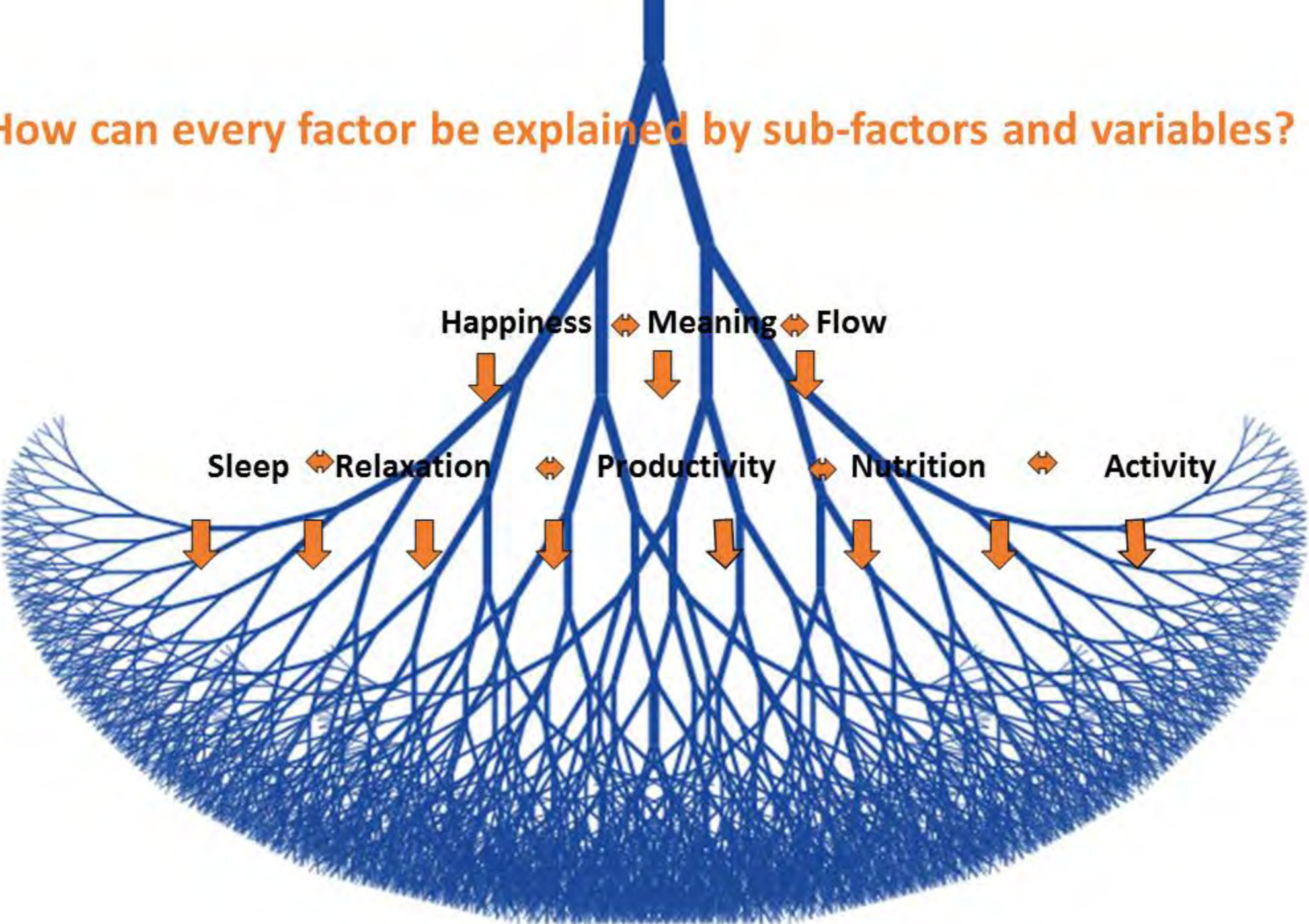


Of what variables do all the subjective concepts consist of?

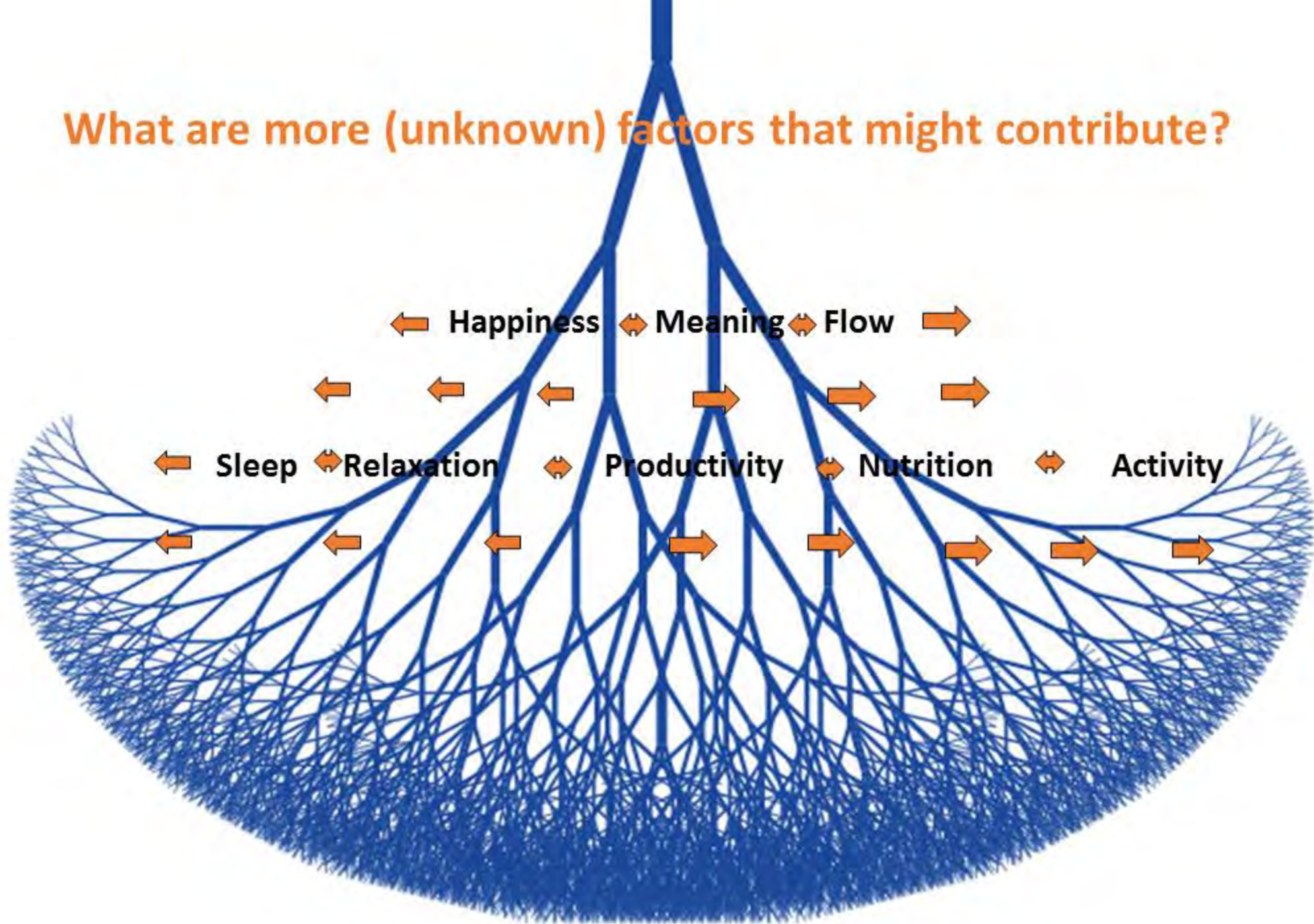




How can every factor be explained by sub-factors and variables?



What are more (unknown) factors that might contribute?



**Because I have been tracking and analyzing, down, up,  
and sideways in the fractal to find what life was all  
about**

**The variables are stacking up**

Seeing that life is fractal  
like opened my eyes

But focusing on specific  
parts can keep me  
focused





Thank you

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