

# “My life in 40 variables”

*-by Justin Timmer*



Justin Timmer, My life in 40 variables

# Who am I?

- Master student Human movement sciences
- Thesis at the Quantified Self Institute
- QS-Meetup organizer in Groningen

# What did I do?

One year of selftracking completely as possible

Using:

- Mybasis B1 smartwatch
- Morning- and evening diaries
- Weightscales
- Clockwork tomato

# What did I do?

## Activity Details

Thursday 23 Apr

12:00a

11:59p

### BIOMETRICS

#### HEART RATE

66 avg  $\text{b/min}$

#### STEPS

9370  $\text{st}$

7 avg  $\text{st/min}$

#### CALORIES

2407.5  $\text{kcal}$

1.7 avg  $\text{kcal/min}$

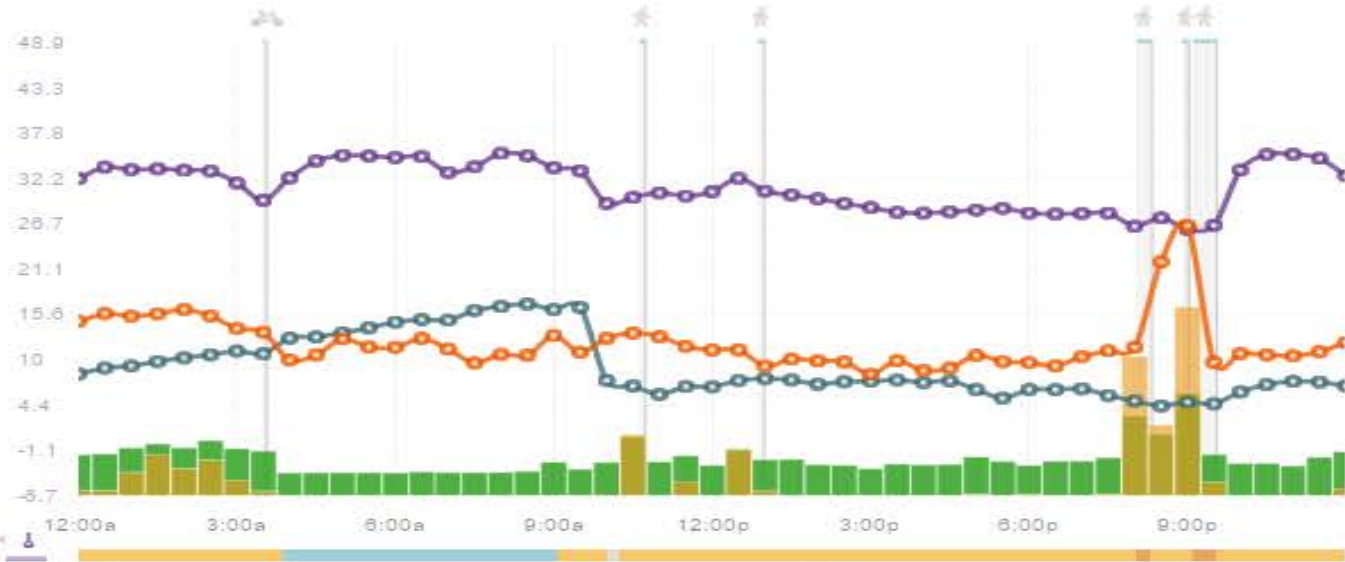
#### SKIN TEMP

31.3 avg  $^{\circ}\text{C}$

#### PERSPIRATION

2.8  $\mu\text{S/cm}$

2.0e-3 avg  $\mu\text{S/cm}$



### ACTIVITY

#### WALKING

6362  $\text{st}$

98 avg  $\text{st/min}$

1 hr total

#### RUNNING

0  $\text{st}$

0 avg  $\text{st/min}$

0 min total

#### BIKING

16  $\text{kcal}$

3 avg  $\text{kcal/min}$

4 min total

Sleeping

Awake

Active

Unknown

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# What did I do?

Asleep at **1:09a** Wednesday for **7 hr 26 min** ↓

**92%** ↑  
Sleep Score

**27** times ↑  
Toss & Turn

**0** times ↓  
Interruptions



REM **22%**  
**1 hr 40 min**

Light **51%**  
**3 hr 46 min**

Deep **27%**  
**1 hr 58 min**

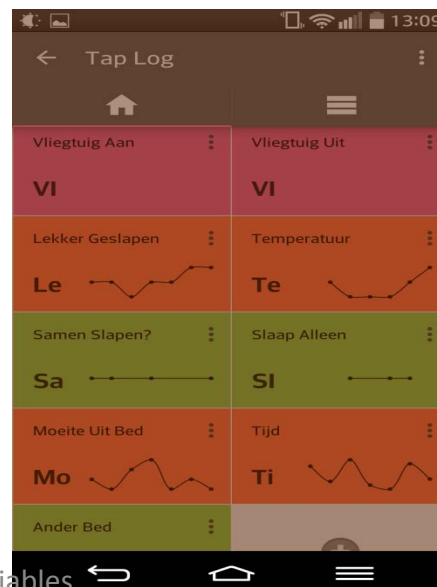
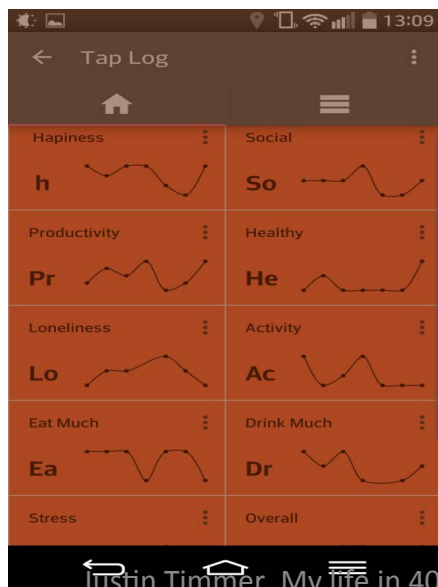
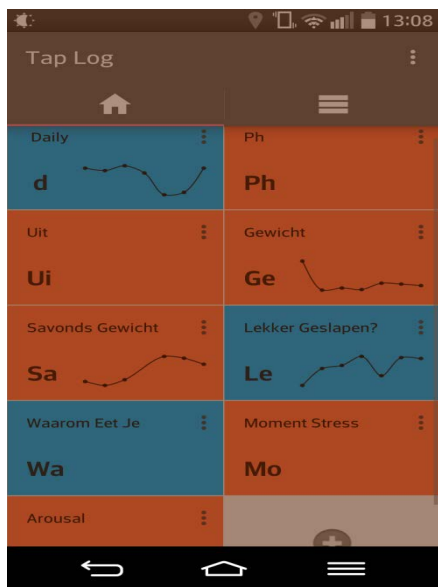
Unknown **<1%**  
**0 hr 2 min**

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# What did I do?

## Evening- and morningdiaries on Taplog app

- Everyday I give a rating (1-10)



# What did I get?

## Evening Diary:

Happiness (n=297)  
Loneliness (n=295)  
Productivity (n=296)  
Activity(n=296)  
Stress (n=286)  
Healthy (n=295)  
Overall succes of day (n=55)  
Social (n=296)  
Drink amount (n=294)  
Eat amount (n=297)  
Fruits (n=115)  
Meats (n=115)  
Vegetables (n=115)  
Alcohol(n=112)  
Daysummary (n=297)

## Morning diary:

Subjective sleep quality (n=172)  
Subjective sleep duration (n=146)  
Extra time in bed (n=142)  
Time out of bed (n=152)  
How hard it is to get out of bed (n=153)  
Subjective sleep temperature at night (n=152)  
Slept together with girlfriend or not (n=163)  
Slept in an other bed or not (n=131)  
Flightmode on at night or not (n=127)

# What did I get?

## Evening Diary:

Happiness (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 (in grams)  
Meat (in grams)  
Vegetables (in grams)  
Alcohol (per drink)  
Daysummary (in words)

## Morning diary:

Subjective sleep quality (1-10)  
Subjective sleep duration (in hours and minutes)  
Extra time in bed (in hours and minutes)  
Time out of bed (in hours and minutes)  
How hard it is to get out of bed (1-10)  
Subjective sleep temperature at night (1-10)  
Slept together with girlfriend or not (0 or 1)  
Slept in an other bed or not (0 or 1)  
Flightmode on at night or not (0 or 1)



(1-10)

# What did I get?

## **Objective data according to Mybasis B1 watch:**

Average heartrate per day (24 hours) (n=177)

Calories burnt per day(n=177)

Average skin temperature per day (n=177)

Average perspiration per day (n=177)

Sleep hours (n=201)

REM sleep hours (n=201)

Light sleep hours (n=201)

Deep sleep hours (n=201)

## **Objective data according to weight scale:**

Morning weight in kilo's (n=179)

Evening weight in kilo's (n=193)

# How did I do it?

oktober\_augustus\_HERZIEND 0709 1701.sav [DataSet1] - IBM SPSS Statistics Data Editor

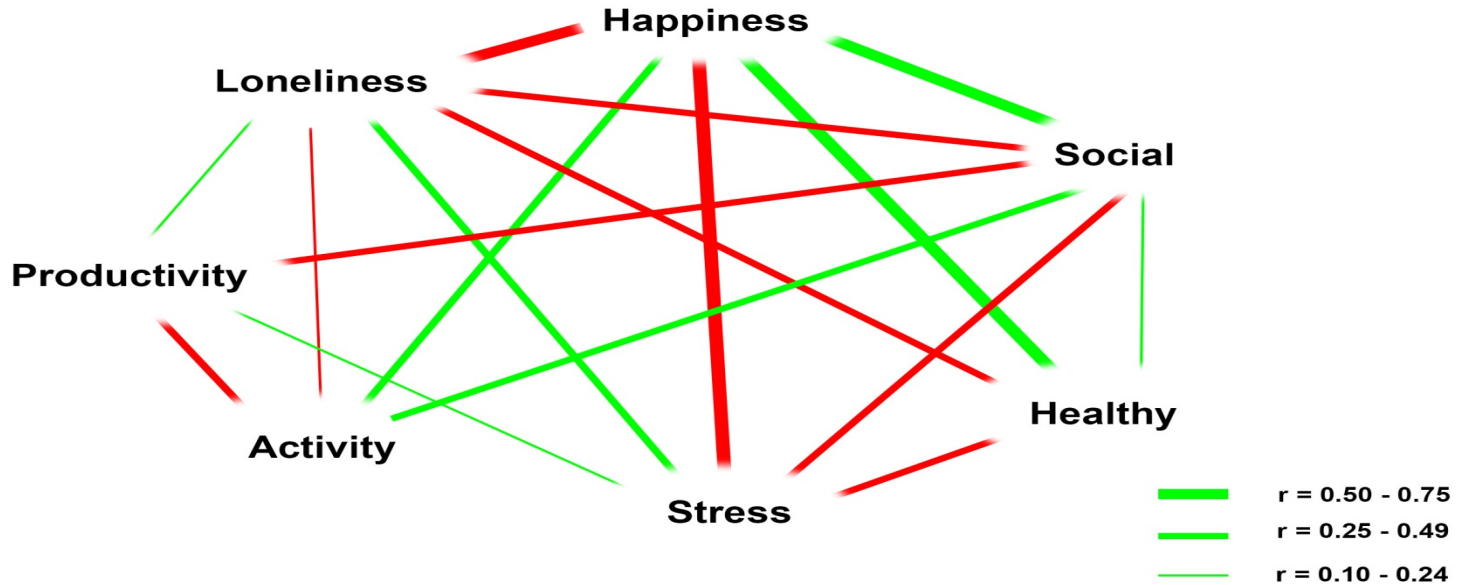
File Edit View Data Transform Analyze Direct Marketing Graphs Utilities Add-ons Window Help

1: Calories

Visible: 58 of 58 Variables

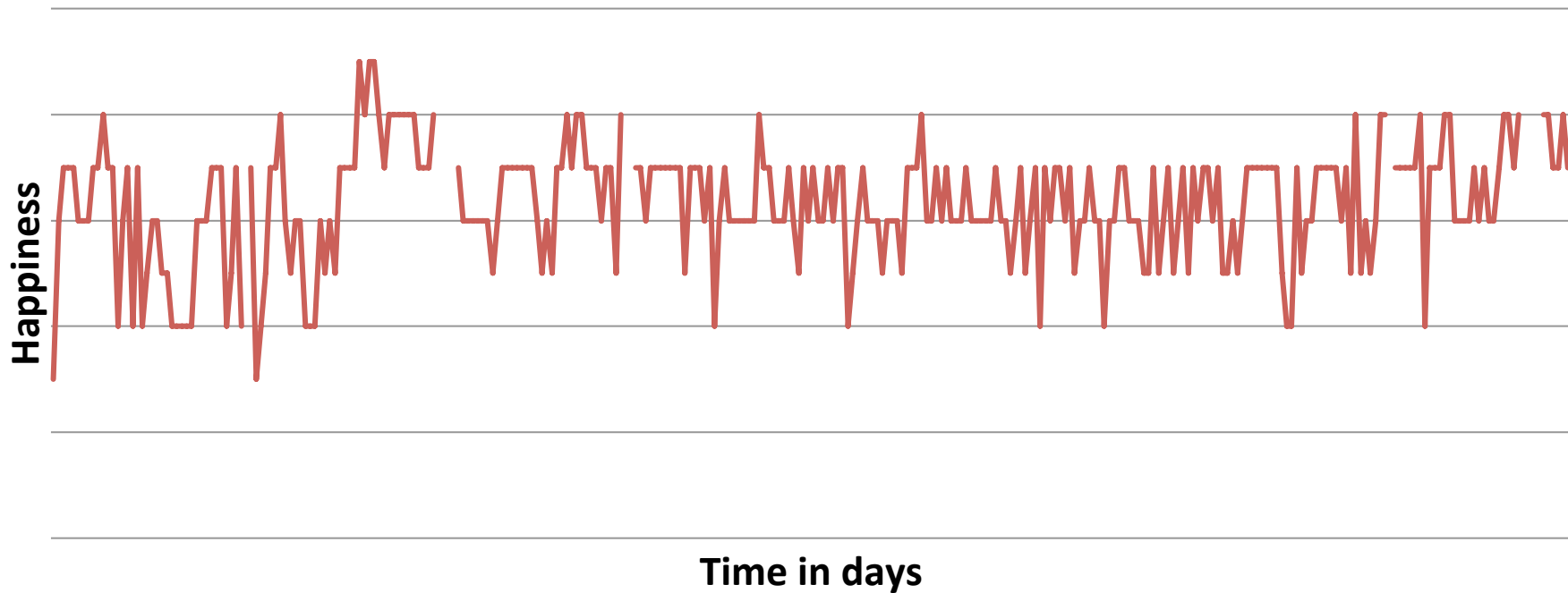
		Stress	Social	Hapiness	Productivity	Activity	Healthy	Loneliness	Groente	Lekker_gesla pen	Heartrate_...	Eat_much	Alcohol	Skin_temp	Fruit	Drink_much	Snachts_Blj af	Verschil_gew cht_savonds	Gewicht_soc htends
226	00	6,00	4,00	6,00	4,00	6,00	5,00	3,00	2,00	4,00	-	4,00	,00	-	,00	5,00	1,00	-2,0	70,90
227	50	7,00	5,00	5,00	2,00	5,00	4,00	6,00	,80	4,00	-	6,00	,00	-	2,00	4,00	1,00	-2,0	70,90
228	60	5,00	5,00	6,00	2,00	3,00	5,00	4,00	1,00	3,00	-	6,00	,00	-	1,00	4,00	,00	-3,0	71,40
229	00	4,00	6,00	7,00	2,00	4,00	5,00	3,00	2,00	3,00	63,00	5,00	,00	30,40	,00	4,00	,00	-5,0	71,90
230	00	6,00	6,00	5,00	6,00	6,00	4,00	3,00	,10	4,00	-	4,00	,00	-	2,00	4,00	-	-	70,80
231	70	6,00	4,00	6,00	5,00	6,00	5,00	4,00	2,00	5,00	59,00	5,00	,00	31,10	,00	6,00	,00	-4,0	71,30
232	70	7,00	7,00	7,00	2,00	4,00	4,00	2,00	,00	-	71,00	6,00	,00	32,10	1,00	4,00	,00	-4,0	71,40
233	00	7,00	7,00	4,00	4,00	3,00	4,00	6,00	2,00	4,00	59,00	7,00	,00	31,80	2,50	4,00	1,00	-2,0	70,90
234	50	4,00	3,00	7,00	5,00	6,00	6,00	2,00	1,20	3,00	60,00	7,00	,00	30,70	2,00	4,00	-	-	71,80
235	70	5,00	6,00	6,00	8,00	2,00	5,00	3,00	1,70	5,00	57,00	6,00	,00	32,90	2,50	4,00	,00	-5,0	72,60
236	20	6,00	3,00	7,00	5,00	8,00	6,00	3,00	,00	-	60,00	5,00	,00	33,30	3,20	5,00	,00	-5,0	71,20
237	20	4,00	7,00	7,00	6,00	5,00	5,00	2,00	,70	4,00	61,00	6,00	,00	31,60	1,50	5,00	,00	-6,0	70,60
238	40	8,00	7,00	6,00	6,00	4,00	5,00	3,00	2,50	-	-	6,00	,00	-	3,00	4,00	-	-	-
239	20	4,00	6,00	7,00	8,00	3,00	4,00	3,00	1,50	6,00	65,00	4,00	,00	31,60	1,50	6,00	-	-	71,20
240	30	6,00	5,00	5,00	6,00	6,00	5,00	4,00	1,50	4,00	61,00	5,00	,00	31,50	2,80	4,00	,00	-4,0	71,40
241	00	5,00	4,00	6,00	5,00	6,00	5,00	4,00	1,80	4,00	-	5,00	3,00	-	2,00	4,00	-	-	-
242	00	6,00	6,00	6,00	6,00	5,00	5,00	3,00	1,80	4,00	-	5,00	,00	-	2,00	4,00	,00	-4,0	72,10
243	20	5,00	6,00	7,00	7,00	-	5,00	3,00	2,00	5,00	64,00	5,00	4,00	33,80	2,00	4,00	1,00	,10	71,40
244	20	6,00	6,00	6,00	6,00	4,00	6,00	4,00	2,00	6,00	62,00	6,00	,00	32,30	1,80	6,00	,00	-5,0	71,00
245	00	6,00	4,00	6,00	6,00	6,00	5,00	3,00	2,00	4,00	62,00	7,00	5,00	32,00	3,00	6,00	,00	-4,0	71,20
246	40	7,00	6,00	4,00	7,00	4,00	4,00	5,00	1,70	5,00	64,00	5,00	,70	32,00	2,00	5,00	,00	-4,0	71,30
247	30	5,00	3,00	6,00	7,00	2,00	6,00	3,00	1,20	4,00	56,00	4,00	,00	31,60	,00	4,00	1,00	-2,0	72,20
248	00	6,00	5,00	6,00	6,00	6,00	5,00	4,00	1,20	4,00	-	5,00	,00	-	3,00	4,00	1,00	-2,0	71,80
249	30	5,00	6,00	7,00	6,00	6,00	5,00	3,00	,20	5,00	57,00	5,00	,00	32,50	1,00	6,00	,00	-4,0	71,60
250	50	5,00	7,00	7,00	8,00	2,00	6,00	4,00	2,00	-	55,00	6,00	,00	31,50	1,00	6,00	,00	-3,0	71,10
251	20	-	4,00	6,00	7,00	6,00	6,00	3,00	2,00	6,00	55,00	4,00	2,00	31,80	1,00	4,00	1,00	-2,0	71,20
252	70	7,00	6,00	6,00	6,00	4,00	5,00	3,00	2,00	7,00	60,00	4,00	4,00	31,20	1,00	6,00	,00	-4,0	71,20
253	00	7,00	5,00	6,00	4,00	4,00	4,00	4,00	2,50	5,00	-	5,00	3,00	-	1,00	5,00	-	-	71,20

# Life is interconnected



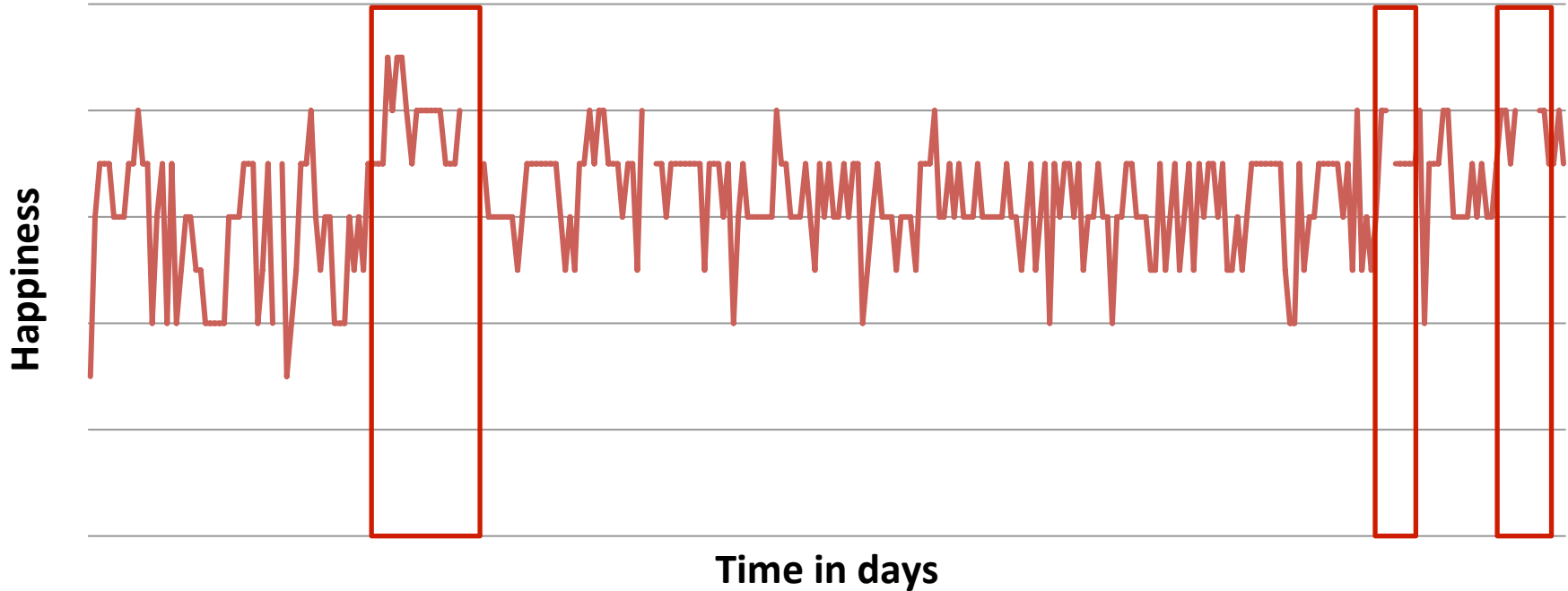
# On the quest for happiness

## Happiness



# On the quest for happiness

## Happiness



# What are the predictors of my happiness?

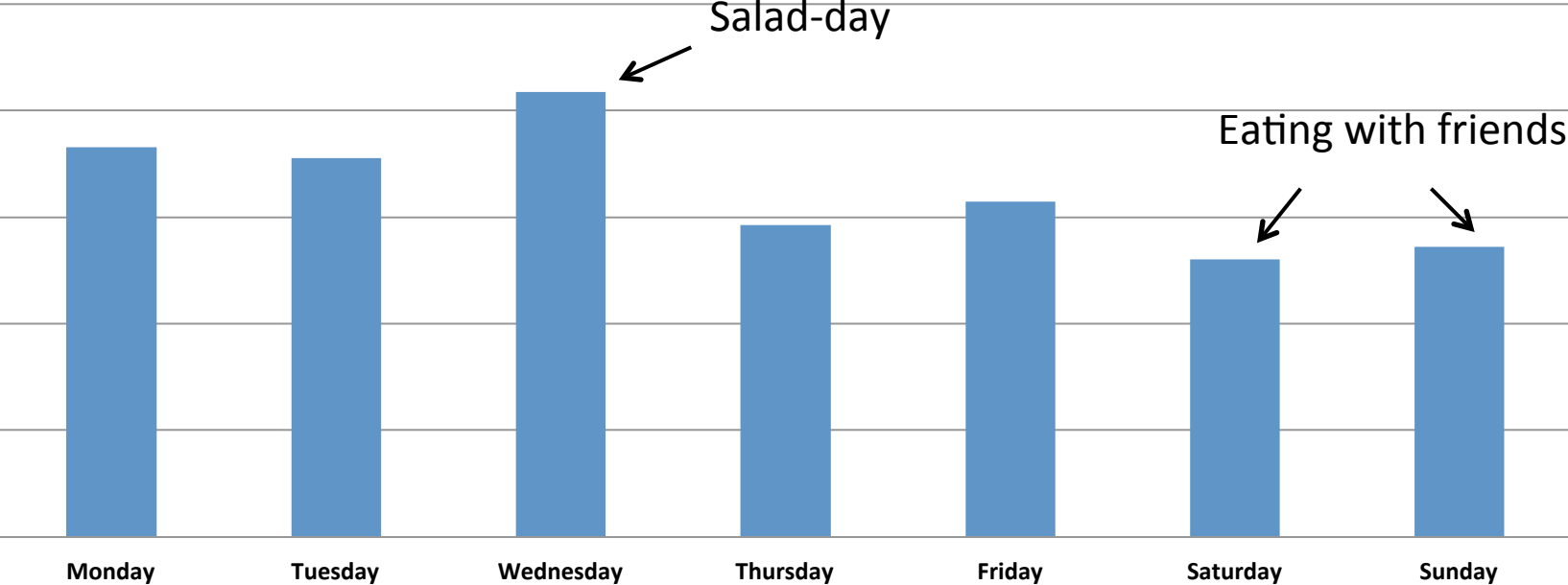
Linear regression analysis (all assumptions checked)

Holiday excluded: ( $R=,796$ )

- Be healthy
- Be active
- Have a good night (subjective) sleep
- Don't be stressed
- Don't be lonely

# Repetitiveness of a healthy dinner

## Vegetables

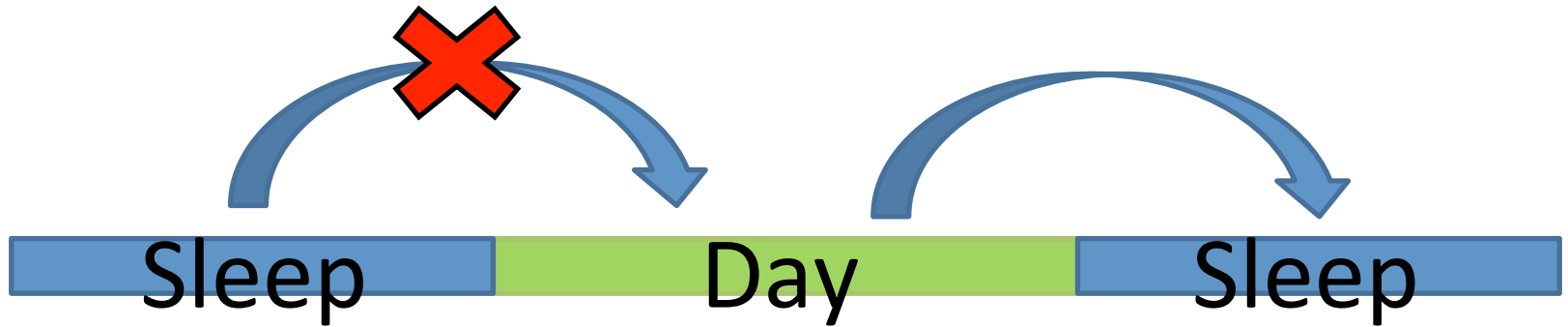


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# Life is repetitive

# Where does sleep fit in my life?



Happy day  
A not lonely day  
Drank some alcohol  
Ate less fruit

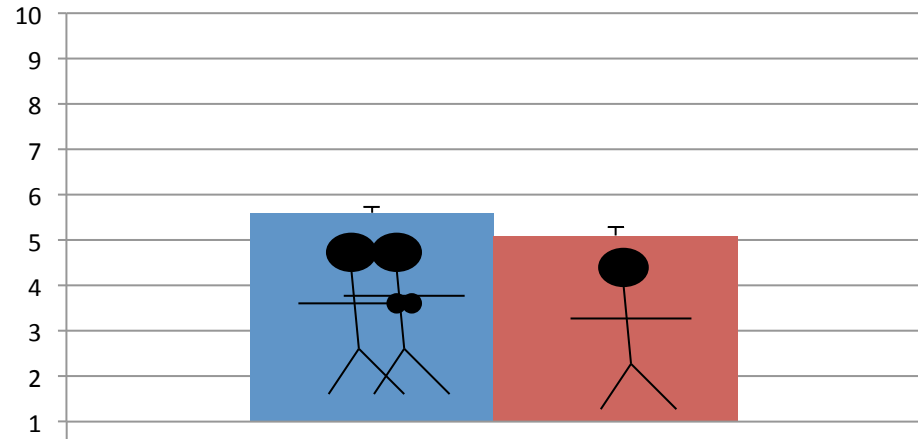


Subjective sleep  
quality increases

# How do I sleep at night?

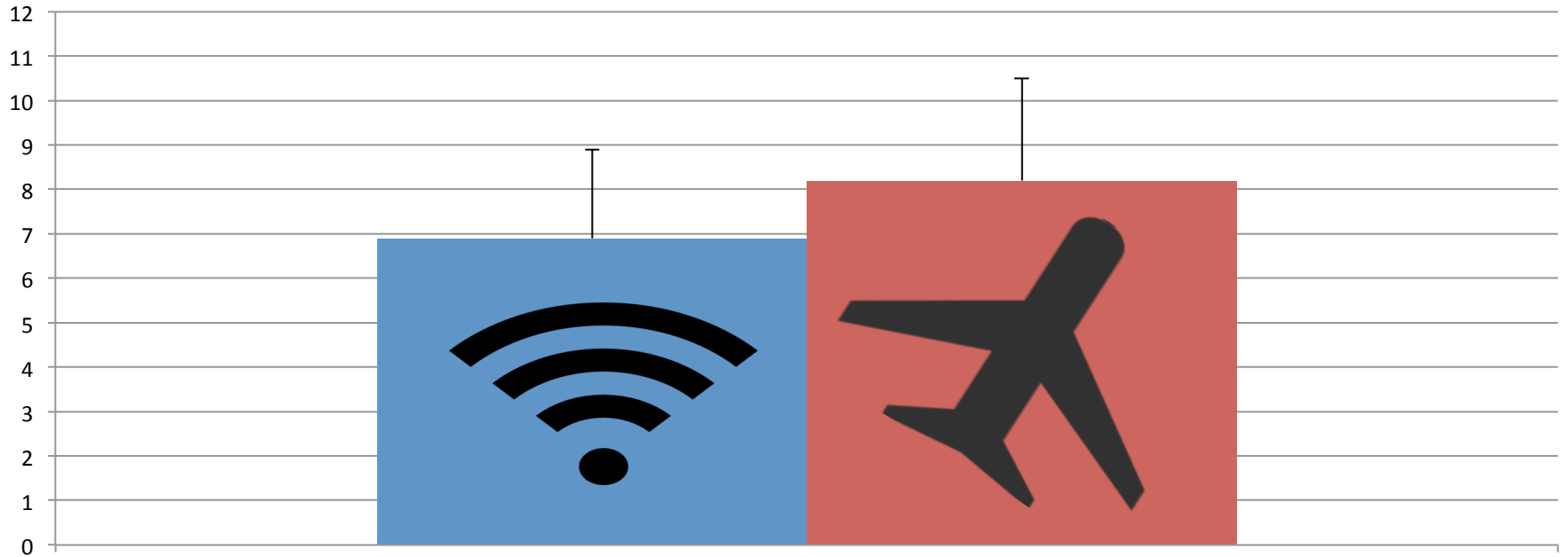
When I sleep with my girlfriend

- I sleep subjectively better
- I am less stressed
- Harder to get out bed
- Sleep longer



Sleep quality

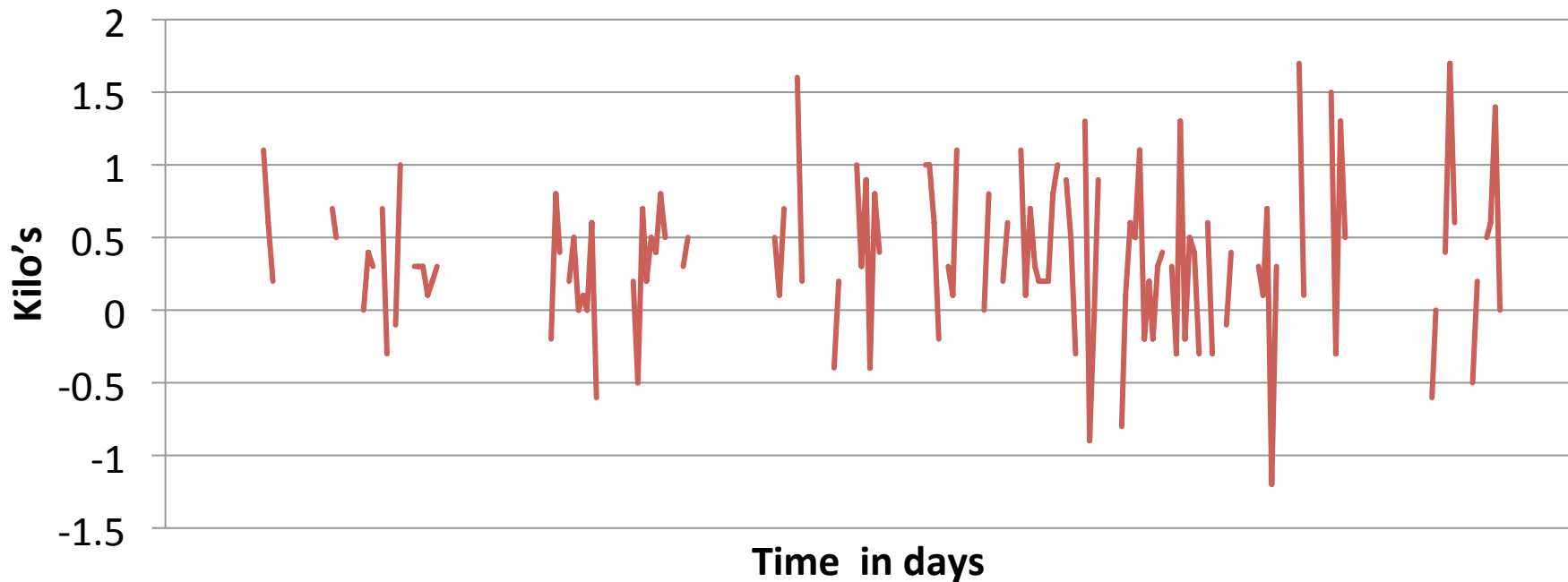
# Flight mode



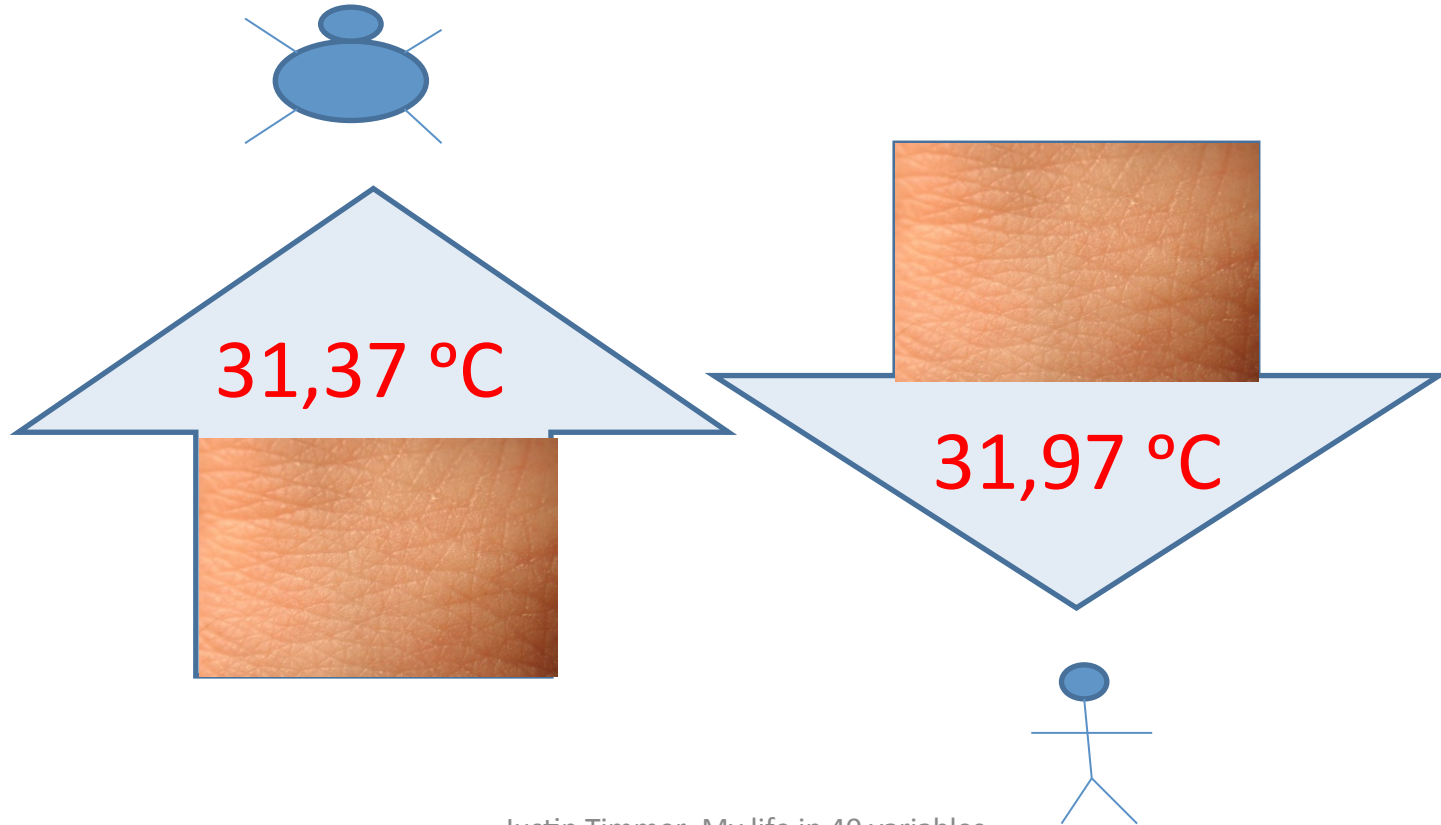
Sleep quality

# The mystery of weight

## Weight difference per day



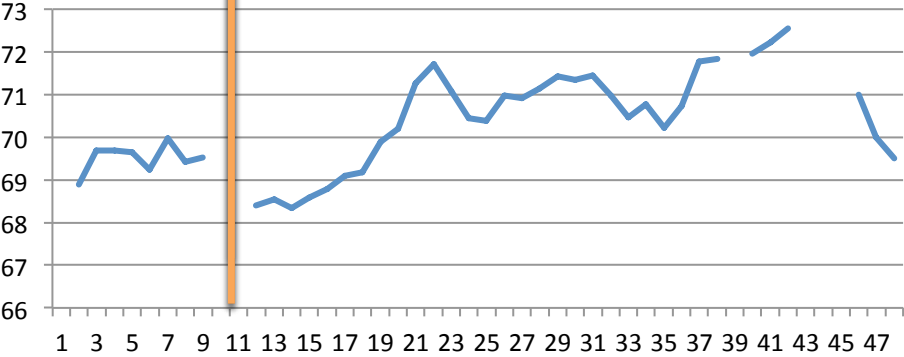
# The mystery of weight



# Life is dynamic

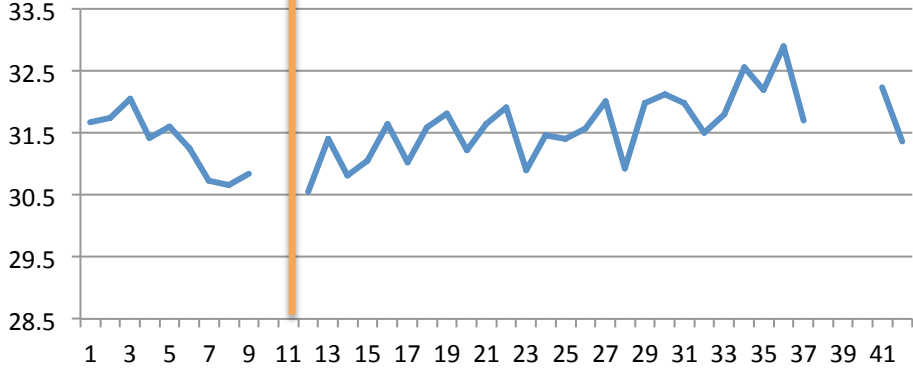
Weight

NYE



Skin temperature

NYE





**(N=16)**



**Wore much clothes**



**Wore less clothes**

**Kilo's**

0,66

0,28

**Heartrate**

54

57,88

**Skin temp**

32,84

31,86

# What did I learn?

All aspects of life are interconnected

Life is dynamic

Life is repetitive

# An holistic way of thinking

Thank you for listening!

Meet me somewhere at the conference  
@: [timmerjustin@hotmail.com](mailto:timmerjustin@hotmail.com)