

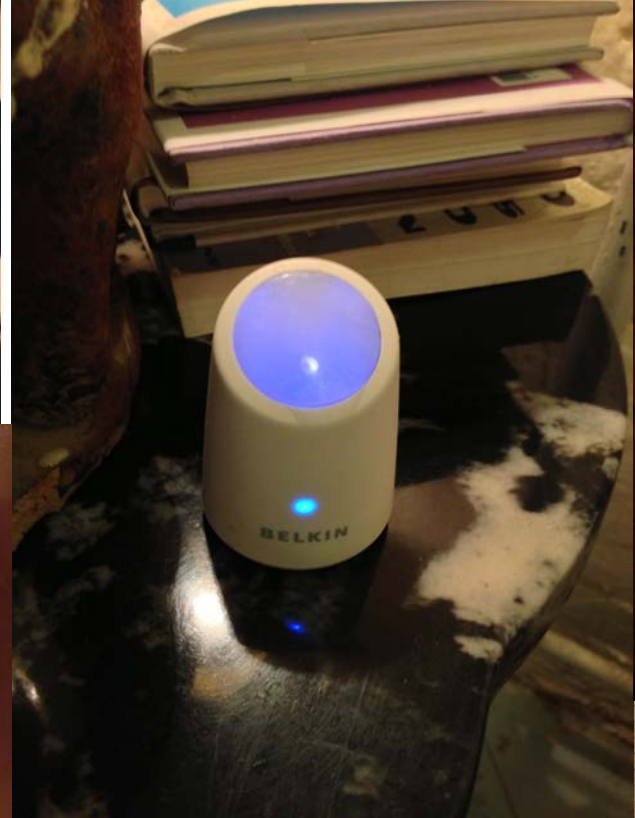
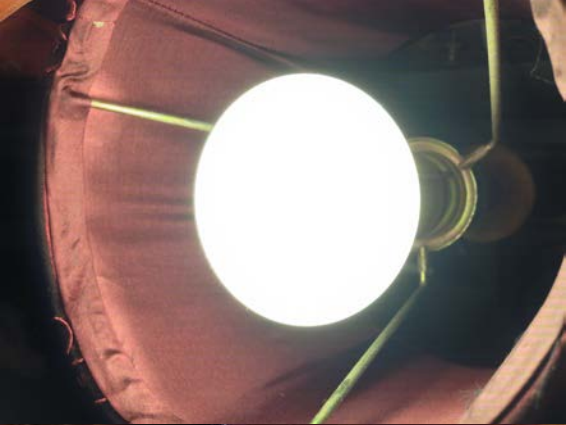


# Data Cartography



WHAT I DID





**Pearls Sade**

**31°F**  
FEELS LIKE  
**27°F**

**WIND**  
**4 mph**

**HUMIDITY**  
**86%**

Park Hill Branch Library  
COLORADO

*SoundTracking*

FLOORS CLIMBED: 3 of goal 8

CALORIES BURNED: 1,339 of goal 2,992

8:37 min  
10x AWAKENED  
6:42 AM

Today's calories

1,678 calories under budget

Budget: 2,123

Add Food Add Exercise

This week's calories

I'm 2,502 calories under budget for the week

Today's nutrients

- Protein 9g 8%
- Carbs 63g 56%
- Fats 18g 36%

The Future

28 - Very good

70.3  
70.3 72.3  
Humidity 99%  
52° 30

CO<sub>2</sub> 696 ppm

37dB QUIET

Indoor

Wed, Apr 24

Walking 854 steps

Home

Transport 24 min

Colorado Public Radio

Transport 20 min

Eric's Custom Tailors

Transport 43 min

The UPS Store

Walk 3 min

Transport 14 min

Walk 2 min

Home

moves-app.com

Chatter with Ryan Warner - @ Colorado Public Radio

7409 S Alton Ct, Centennial CO  
0:27 hrs - 14.0 M

Existence

Colorado Public Radio  
My soundtrack: "If You Love Somebody Set Them Free" by Sting  
More check-out You wanted:  
You Love Somebody Set Them Free

If You Love Somebody Set Them Free  
Sting

44 Journey  
Wednesday Colorado Public Radio  
54°F 30 in 1 mph  
34°F 0.00 in

Chris Daney (@chrisdaney)  
Radio Year data: "If You Love Somebody Set Them Free" by Sting  
@ColoradoPublicRadio @ColoradoPublicRadio #454 #1519568 [pic]  
#Meta made  
Reply 43 Retweet 4 Favorite 3 Buffer 1 Pocket 1 More

19. Apr 21. Apr 23. Apr

13 Mar '13 Apr '13

Other 4/24/13, 11:12 AM

Active Sensors: ❤️ 📶

Duration: 00h 54m 34s Paused: 00h 00m 00s  
Active: 00h 54m 34s

Heart Rate: 269 cal Avg: 73 bpm  
Max: 113 bpm

4 YEARS AGO SAT

Dinner time. @ Little India  
<http://loopt.us/MovLwAt>

4:03pm Tue

Here to see Bill Maher. in Boulder, CO <http://>

JOLIDRIVE (11)

- Applications
- Dropbox
- Google Drive
- Facebook
- Google+
- Flickr

My apps

- SHOW 2 created by future
- Picemore for May 02, 2013 created by Chris Daney 5 minutes ago
- tiffanyjss created by Chris Daney 8 minutes ago
- Hi Chris, Any idea why my del... created by Arstan Dutta 16 minutes ago

Tracker sync in progress  
Tracker Synced Yesterday at 7:55 PM

STEPS: 6,901 of goal 6,000

DISTANCE: 3.21 mi of goal 3 mi

Walking 1:08 hours

Home

THU Hack for change. Get involved. #hackforchange <http://hackforchange.org/> • May... 12 Feeds

WED

April 2013

30 TUE Data Exhaust, Dating with glass and Fractals. 14 minutes in present shock. Mindful Cyborgs Episode 1... 16 Feeds

29 MON "progress doesn't come from early risers—progress is made by lazy men looking for easier ways to do... 17 Feeds

ServiceSphere 2613 Cherry Street, Denver, CO... 23 hours and 48 minutes

Burger King 2110 South Broadway, Denver... 5 minutes

Leo And Chambers Mds 5579 South Curme Street, Littm... 30 minutes

King Soopers Pharmacy CO, United States 1 hour and 5 minutes

ServiceSphere 2613 Cherry Street, Denver, CO... 1 hour and 8 minutes

Subway

\$ 7.57 Fast Food

Add Menu

Attach an Image

Spent from a Goal

1.46 miles 24m 45s Completed

1.47 miles 20m 41s Completed

2.31 miles 40m 37s Completed

2.06 miles 43m 46s Completed

1.32 miles Completed

Sun. Apr 28, 201

Mon. Apr 29, 201

***“Becoming informed is an attempt to synchronize your own head with the reality outside.”***

-Alexander Bard

# SOUSVEILLANCE & DATA EXHAUST



Mann, 1998



Microsoft, 2004



Mann, Fung, Lo, 2006



Memoto, 2013

*"People are not machines, but in every situation where they are given the choice, they will behave like machines."*

-Ludwig von Bertalanffy





# HEALTH

# SOCIAL

# OPINION

# MONEY

# WORK

# SPIRITUAL

# ENTERTAINMENT

# TRAVEL

# ENVIRONMENT

# CONTENT



**Low Friction**





## Shortcuts

unfiled

## Notebooks

## Tags

## Social Backup Chris Dancy

**Sat Sep 21 20:36:03 +0000 2013 @servicesphere**

[1 hour ago](#) Ok glass now. @ The Future <http://t.co/MmpToxuVY0>  
<https://twitter.com/chrisdancy/status/381517201955893248>  
Instagram

**I'm at The Future! Ok glass now.**

[1 hour ago](#) <http://foursquare.com/v/50be5850e4b0b0e351386302>

**Sat Sep 21 19:40:47 +0000 2013 @servicesphere**

[2 hours ago](#) @nathanjurgenson assisted selfie.  
<https://twitter.com/ServiceSphere/status/381503293262168064>  
HootSuite

**I'm at Smashburger!**

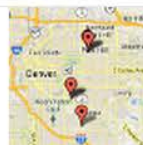
[2 hours ago](#) <http://foursquare.com/v/4ad91b10f964a520231821e3>

**Sat Sep 21 18:45:08 +0000 2013 @servicesphere**

[2 hours ago](#) Some IT is about now, @myit looks ahead.  
<https://t.co/WwJCIJ9B7G>  
<https://twitter.com/ServiceSphere/status/381489287809609729>

**Placeme for September 20, 2013**

**Today** ServiceSphere 2613 Cherry Street, Denver, CO, United States 6 hours 32 minutes  
[@stoptheyborgs](#) [@ChristianDeeLA](#)

**Fri Sep 20 23:59:53 +0000 2013 @servicesphere**

**Yesterday** Chatting, gender, privilege and aggression in work place culture with @shanley and @klintron great way to end a busy week.

**September 20, 2013 at 03:51PM**

**Yesterday** They may just name the largest apple bug in history after me. I am flattered but I'm still without a functioning phone. It's lovely to stare at the beautiful dead brick. You have to admit if

**Fri Sep 20 21:17:09 +0000 2013 @servicesphere**

**Yesterday** RT @appleinsider: First Look: Gold iPhone 5s

Social Backup Chris Dancy v

#Twit

Created: Sep 21, 2013

Modified: Sep 21, 2013

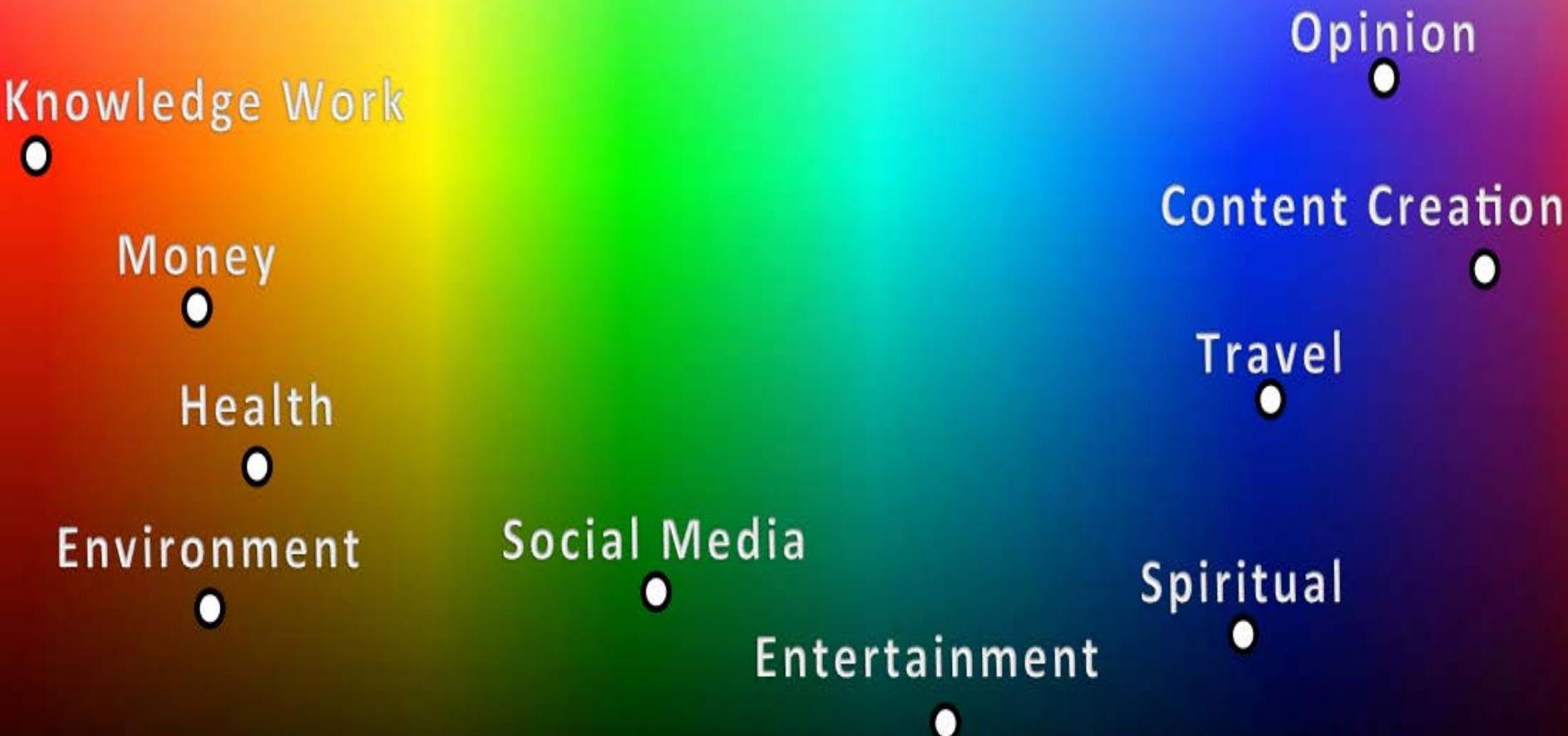
Sat Sep 21 20:36:03 +0000 2013 @servicesphere

Ok glass now. @ The Future <http://t.co/MmpToxuVY0> <https://twitt>





# Maslow's Quantified Digital Self





How I Did It

Device /  
Application /  
Service/Sensor

Engine / API /  
Collection /  
Automation

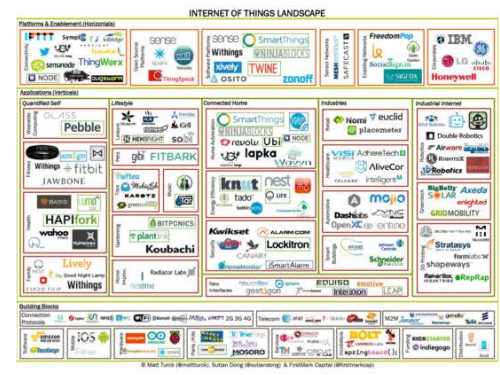
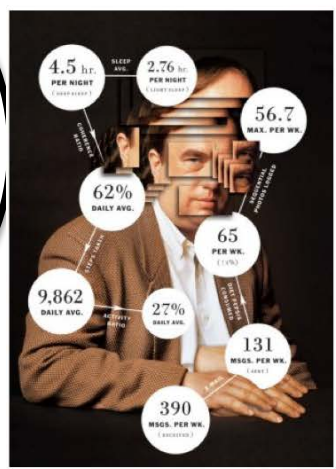
Storage /  
Analytics / Data  
Visualization

UX / Activity



Internet of  
Things

Existence  
as a  
Platform



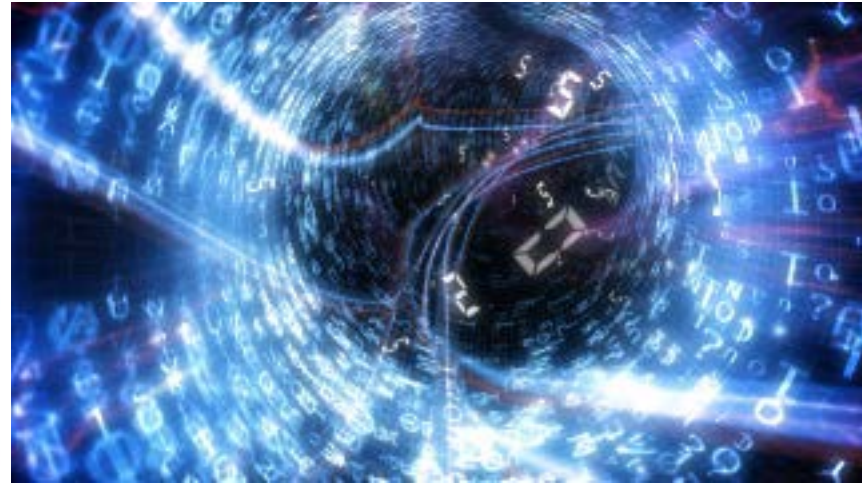
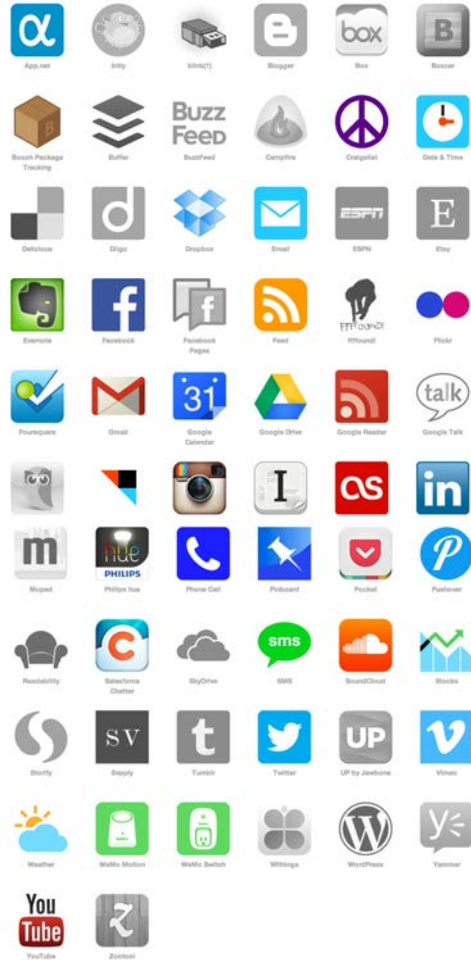
***"When you're connected to everything, everything can seem connected. Confusing those things is dangerous."***

Joshua Topolsky  
@joshuatopolsky





# API





# QS+ IOT = Experience Platform

Home

Environment

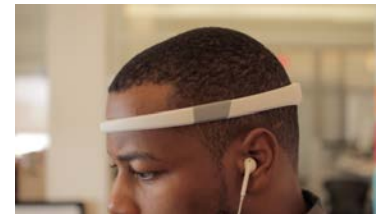
Work

Health

Applications



Sensors



Devices



Services



**UP** → **hue PHILIPS**

**If I go to #sleep, then turn off my #lights !!**

by [adrian90](#) on Jun 1, 2013  
saved 7 times

**hue PHILIPS**

**Blink lights when shipping status changes**

by [adrian90](#) on May 23, 2013  
saved 3 times

**OS** → **hue PHILIPS**

**Change my hue lights to match the album art of the music I'm listening to.**

by [adrian90](#) on Jun 1, 2013  
saved 9 times

**sms**

**New Motion After Quiet**

by [adrian90](#) on Feb 17, 2013  
saved 3 times

**UP**

**When the temperature rises about 90°F, post to my Jawbone feed that I ain't g...**

by [adrian90](#) on May 20, 2013  
saved 4 times

**Event** → **Calendar**

**Add Event to Google Calendar from Evernote**  
Use the title of an Evernote note to create an event in Google Calen

**Email** → **Trello**

**Add Card to Trello from Email**  
Send email to Zapier mailbox to create new card in Trello.

**Gmail** → **Evernote**

**Save Gmail Emails to Evernote**  
Automatically send Gmail emails to Evernote as notes.

**Calendar** → **Evernote**

**Add Note to Evernote for Google Calendar Events**  
Creates a note in Evernote for all my Google Calendar events.

**Dropbox** → **SkyDrive**

**Add New Dropbox File to SkyDrive**  
Automatically add new Dropbox files from certain folders to SkyDrive

**GitHub** → **Trello**

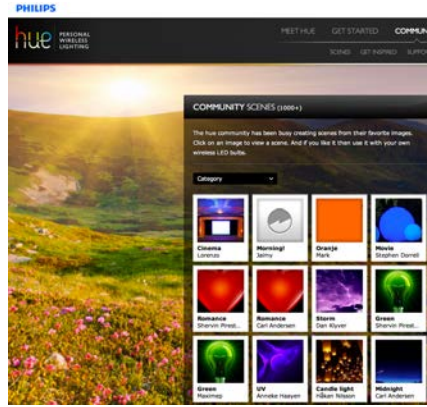
**Create Trello Card from GitHub Issue**  
Automatically creates a new Trello card from a new GitHub issue.

**Contact** → **MailChimp**

**Google Contact to MailChimp List**  
Adds a Google Contact to a MailChimp list.

**Dropbox** → **Gmail**

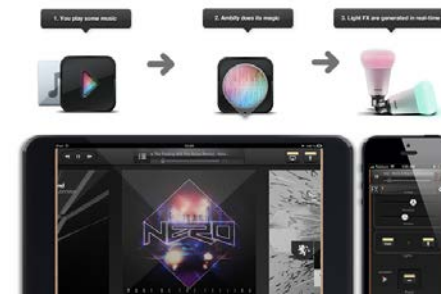
**Send Email for New Dropbox File**  
Send an email from Gmail for new Dropbox files.



**Running songs at 71 BPM**

\* All workout music

	<b>Linkin Park &amp; Jay-Z</b> Numb / Encore Alternative Explicit Buy on <a href="#">iTunes</a> , <a href="#">AmazonMP3</a> Listen on <a href="#">Spotify</a>	best for a 10:48 mile	71 BPM
	<b>Eminem</b> Space Bound Hip Hop/Rap Explicit Buy on <a href="#">iTunes</a> , <a href="#">AmazonMP3</a> Listen on <a href="#">Spotify</a>	best for a 10:48 mile	71 BPM
	<b>Coldplay</b> Swallowed in the Sea Alternative Buy on <a href="#">iTunes</a> , <a href="#">AmazonMP3</a> Listen on <a href="#">Spotify</a>	best for a 10:48 mile	71 BPM
	<b>Counting Crows</b> A Long December Rock Buy on <a href="#">iTunes</a> , <a href="#">AmazonMP3</a> Listen on <a href="#">Spotify</a>	best for a 10:48 mile	71 BPM



DIY (UX)

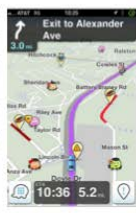
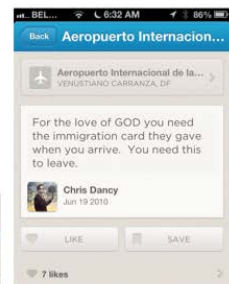
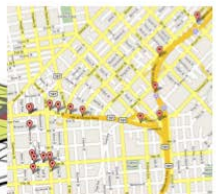
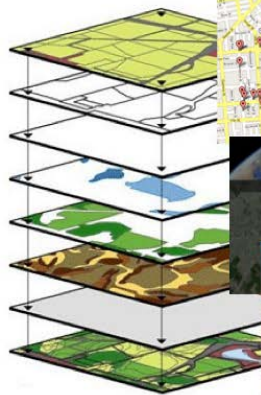
Crowd sourced (UX)

Professional (UX)

Adaptive (UX)



WHAT I LEARNED



# Move – Move / Eat – Move/Eat /check in – Passive All

**Chris Dancy**  
Active since Jan, 2013

**DASHBOARD** | REPORTS | TRAINING | ACTIVITIES | FRIENDS | ROUTES

**My Activity Totals** Add new goal

TOTAL MI	TOTAL ACTIVITIES	TOTAL CALORIES
140	90	18,872

**Recent Activities**

- Chris Dancy completed a 1.86 mi. walking activity  
3 days ago
- Chris Dancy Achieved new personal records for walking activities:  
Average pace  
Average pace in a week  
3 days ago
- Chris Dancy completed a 2.50 mi. walking activity  
3 days ago
- Chris Dancy burned 1,246 calories over 1 day  
4 days ago from Body/Media
- Chris Dancy slept 9.8 hours  
awake: 3.2 hrs  
4 days ago from Body/Media
- Chris Dancy took 581 steps over 1 day  
4 days ago from Body/Media
- Chris Dancy Achieved new personal records for walking activities:  
Elevation climb  
4 days ago
- Chris Dancy completed a 2.19 mi. walking activity  
4 days ago
- Chris Dancy took 9,942 steps over 1 day  
5 days ago from Body/Media
- Chris Dancy burned 3,263 calories over 1 day  
5 days ago from Body/Media

Show More...

Community | Challenges | Reports | Forums

Status | Profile | Badges

Activity Feed

Write a comment

- I earned a Fitbit Adjustment of 206 calories.  
2 days ago Comment Delete
- I spent 34 minutes walking with RunKeeper. 219 calories burned.  
3 days ago Comment Delete
- I spent 39 minutes walking with RunKeeper. 332 calories burned.  
3 days ago Comment Delete
- I earned a Fitbit Adjustment of 84 calories.  
4 days ago Comment Delete
- I spent 36 hours and 8 minutes walking with RunKeeper. 8,998 calories burned.  
4 days ago Comment Delete
- I spent 39 minutes walking with RunKeeper. 272 calories burned.  
4 days ago Comment Delete
- I earned a Fitbit Adjustment of 103 calories.  
5 days ago Comment Delete
- I earned a Fitbit Adjustment of 206 calories.  
6 days ago Comment Delete
- I earned a Fitbit Adjustment of 427 calories.  
Sep 06, 2013 Comment Delete
- I spent 35 minutes walking with RunKeeper. 221 calories burned.  
Sep 06, 2013 Comment Delete
- I spent 44 minutes walking with RunKeeper. 318 calories burned.  
Sep 06, 2013 Comment Delete
- I spent 32 minutes cycling with RunKeeper. 251 calories burned.  
Sep 04, 2013 Comment Delete
- I spent 1 hour and 8 minutes cycling with RunKeeper. 501 calories burned.  
Sep 04, 2013 Comment Delete
- I spent 18 minutes cycling with RunKeeper. 155 calories burned.  
Sep 04, 2013 Comment Delete
- I spent 21 minutes cycling with RunKeeper. 173 calories burned.  
Sep 04, 2013 Comment Delete
- I earned a Fitbit Adjustment of 388 calories.  
Sep 03, 2013 Comment Delete
- I weighed in but didn't gain or lose weight.  
Sep 03, 2013 Comment Delete
- I spent 28 minutes walking with RunKeeper. 228 calories burned.

Verizon 12:51 PM 44%

Activity \$11.97 Save-to-Spend

75° Subway  
21:03  
18:11 Avg. min/mi  
191 Calories

\$5.40 PENDING Fast Food

Add Memo

View Attached Image

Spend from a Goal

Map: 7327 East Colfax Avenue Denver, CO

Activity | Payments | Support | Account

Chris D.'s Check-In History

September 2013

- The Future **10:30 AM** September 13, 2013 - 4:38  
In 2012 I purchased the whole earth catalog and memorized every page. 2013 brings oblique strategies.
- Denver, Dermatology Consultants **1:00 PM** September 12, 2013  
I love #all.
- The Forum at Cherry Creek **4:15 PM** September 12, 2013  
My soundtrack: "Life During Wartime" by Talking Heads
- Tokyo Joe's **8:23 PM** September 10, 2013
- Dumb Friends League **5:57 PM** September 10, 2013
- Apple Store, Cherry Creek **1:57 PM** September 10, 2013  
The worlds first dedicated chip to #quantifiedself the Apple M7
- Fidelity (not shared with friends) **10:22 AM** September 10, 2013
- Denver International Airport **PM** September 8, 2013 - 8:12
- Lambert-St. Louis International Airport (STL) **PM** September 8, 2013 - 4:43

Continuously measures motion data  
Accelerometer, gyroscope, compass

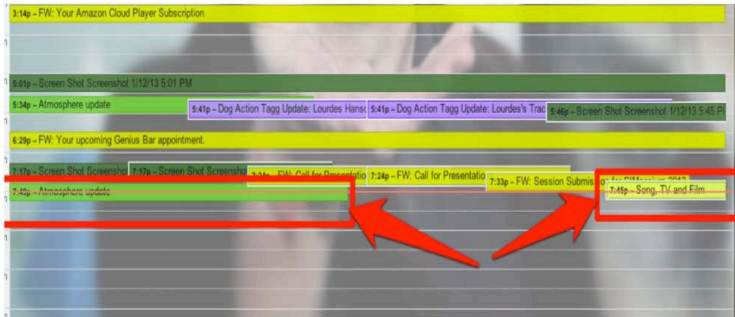
Wed, Sep 11

Walking 4.3 mi  
Cycling 1.5 mi  
Running 60 cal

Home

- Run 3 min
- Walk 4 min
- Run 3 min
- Walk 32 min
- Einstein Bros Bagels
- Walk 36 min
- Home
- Transport 7 min
- The Elm
- Cycle 8 min
- Transport 14 min
- The Mindful Bike
- Transport 10 min
- Home
- Transport 9 min
- The Mindful Bike
- Transport 30 min
- Safeway
- Transport 9 min
- Home

moving-apps.com



Video call Join Google+ hangout | Remove

Calendar Music, TV and Film

Created by chris.dancy@gmail.com

Description I Wanna Be Where You Are by @michaeljackson, from #SoundHound with LiveLyrics@  
<http://t.co/NiECbj3U>

Where

A

E

Video call Join Google+ hangout | Remove

Calendar HOME- Air Quantity

G

Created by chris.dancy@gmail.com

Description The Future: noise over 71 db at module Indoor.

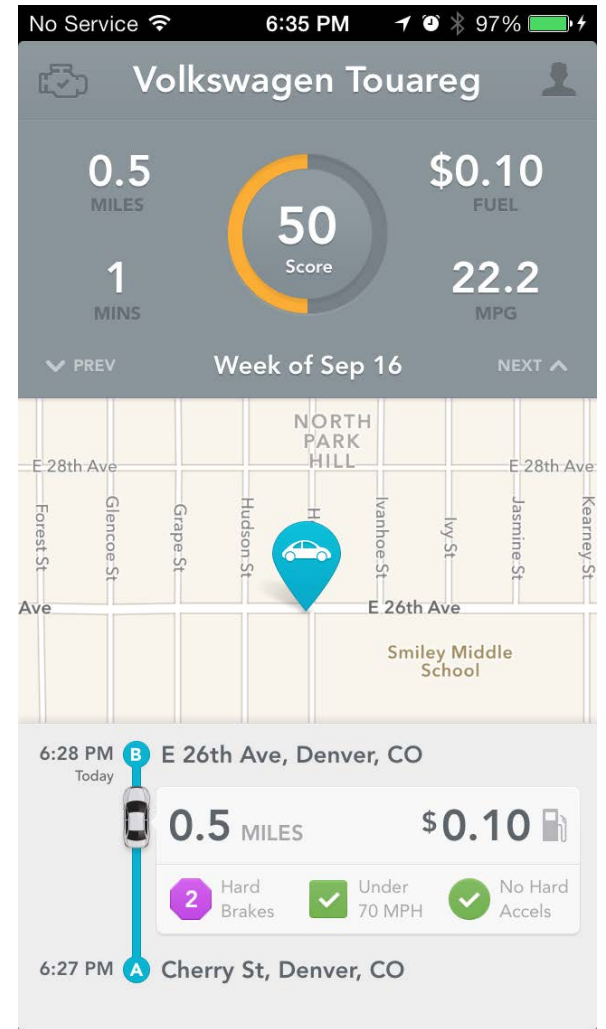
1. Watch Project Runway to eat healthier
2. Leave the house when the cleaning people are here.
3. Listen to Michael Jackson to finish a project.
4. Go to bed before 10 if I have a meeting with XYZ...and don't eat any starches for 24 hours.
5. Set lights to "Study", temp to 71, humidity 31% and Music to no more than 71 BMP before 4pm if not sleeping.



-65  
lbs

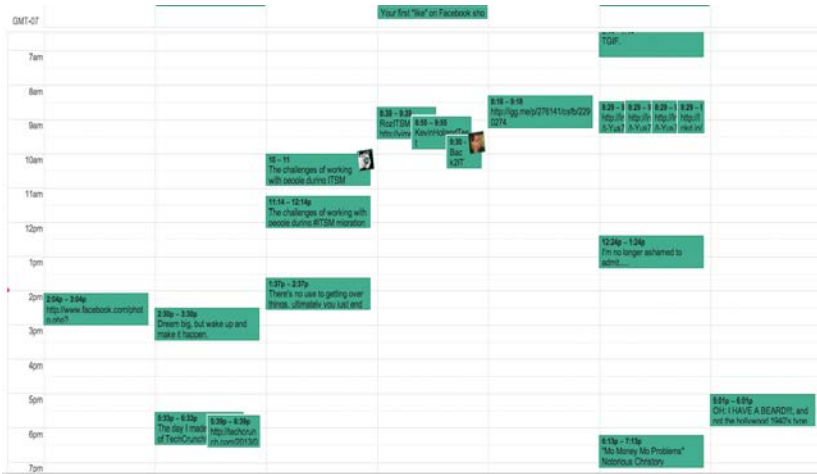


Heart Rate Avg: 61 bpm  
 Heart Rate Max: 79 bpm  
 Heart Rate Min: 58 bpm





- ▶ Activity
- ▶ Systems



- ▶ Reactions to Activity
- ▶ Systems interacting



$$M = \frac{m_0}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}} = \gamma m_0, \quad F = \frac{dP}{dt} = \frac{d}{dt}(Mv) = \frac{d}{dt}(\gamma m_0 v) = m_0 \frac{d}{dt}(\gamma v) = m_0 \left[ \gamma \frac{dv}{dt} + v \frac{d\gamma}{dt} \right]$$

$$\frac{d\gamma}{dt} = \frac{d\gamma}{dv} \frac{dv}{dt} = \frac{d\gamma}{dv} a, \quad \frac{d\gamma}{dv} = \frac{d}{dv} \left( \frac{1}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}} \right) = \frac{d\gamma}{d\beta} \frac{d\beta}{dv} \text{ where } \beta = \frac{v}{c}, \quad \frac{d\gamma}{d\beta} = \frac{d}{d\beta} \left( \frac{1}{\left(1 - \beta^2\right)^{1/2}} \right)$$

$$\Rightarrow \frac{d\gamma}{dv} = \frac{\beta \left(1 - \beta^2\right)^{-3/2}}{c} = \frac{v}{c^2} \left(1 - \frac{v^2}{c^2}\right)^{-3/2}, \quad \frac{d\beta}{dv} = \frac{d}{dv} \left( \frac{v}{c} \right) = \frac{1}{c}$$

$$\therefore F = m_0 \left[ \gamma \frac{dv}{dt} + v \frac{d\gamma}{dt} \right] = m_0 \left[ \gamma \frac{dv}{dt} + \frac{v}{c^2} \left(1 - \frac{v^2}{c^2}\right)^{-3/2} a \right] = m_0 \left[ \gamma a + \frac{v^2}{c^2} \left(1 - \frac{v^2}{c^2}\right)^{-3/2} a \right]$$

$$= m_0 a \left[ \frac{1}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}} + \frac{v^2}{c^2} \frac{1}{\left(1 - \frac{v^2}{c^2}\right)^{3/2}} \right], \quad \gamma = \frac{1}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}} \Rightarrow F = m_0 a \left[ \frac{1}{\gamma} + \frac{v^2}{c^2} \frac{1}{\gamma^3} \right] = m_0 a \left[ \frac{1}{\gamma} + \frac{1 - \gamma^2}{\gamma^3} \right] = m_0 a \left[ \frac{1}{\gamma^3} \right]$$

$$\therefore F = m_0 a \left[ \frac{1}{\left(1 - \frac{v^2}{c^2}\right)^{3/2}} \right], \quad W = \int F dx = \int \frac{m_0 a}{\left(1 - \frac{v^2}{c^2}\right)^{3/2}} dx = m_0 \int \frac{1}{\left(1 - \frac{v^2}{c^2}\right)^{3/2}} \frac{dv}{dt} dx = m_0 \int \frac{v}{\left(1 - \frac{v^2}{c^2}\right)^{3/2}} dv$$

$$u = 1 - \frac{v^2}{c^2} \Rightarrow W = m_0 \left[ \frac{c^2}{-2} \int \frac{du}{u^{3/2}} \right] = m_0 \left[ \frac{-c^2}{2} \left[ -\frac{1}{u^{1/2}} \right] \right] = m_0 \left[ \frac{c^2}{2} \frac{1}{u^{1/2}} \right] = m_0 \left[ \frac{c^2}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}} \right] + C$$

$$W=0 \Rightarrow v=0 \Rightarrow C = -m_0 c^2, \quad W = \frac{m_0 c^2}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}} - m_0 c^2 \Rightarrow W + m_0 c^2 = \frac{m_0 c^2}{\left(1 - \frac{v^2}{c^2}\right)^{1/2}}$$

Total Energy =  $W + m_0 c^2 = M c^2$  or  $E = M c^2$

Moving  $\nearrow$  not moving  $\nearrow$

Wired's official Twitter feed. (Curated this week by associate research editor Cameron Bird @cameronbird)

San Francisco New York http://www.wired.com/

10,204 TWEETS 290 FOLLOWING 1,841,054 FOLLOWERS

Tweets All / No replies

Wired @wired 1 hr  
Recent Top Stories: The Quantified Man: How an Obsolete Tech Guy Rebuilt Himself for the Future oak.ctx.ly/r/2k1d

We're doing a Google+ Hangout with self-quantifier Chris Dancy Wednesday. Send us your questions using #quantifiedman oak.ctx.ly/r/2lje

The Quantified Man: How an Obsolete Tech Guy Rebuilt Himself for the...  
By Clint Finley @clinton

Our work is being re-quantified -- in a big way -- and Chris Dancy, a director in the office of the chief technology officer at BMC Software, thinks it's time for employees to take these metrics into...

One-Line Press Release

Wired Mag. names Chris Dancy as the world's most connected human #quantifiedman. Contact me @duhonann to meet him at SXSW.

## People Don't Take Smoke Breaks Anymore, They Take Facebook Breaks

ALEX WILLIAMS

Monday, January 28th, 2013 7 Comments

"People don't take smoke breaks anymore -- they take Facebook breaks." Now, there's a beauty that I heard this afternoon at the IBM Connect event here in Orlando.

You can blame it on the digital natives -- the young ones who feed their activity streams to network and create their digital personas. For them, it's not so unusual. It actually makes a lot of sense considering how data is changing who we are and what we represent.

Welcome to the second-person workplace, where a person is becoming a double of themselves. They live and work, and while they do their online persona is engaging, too. And we take breaks to feed that double identity.

Mark Foreman of *hacker.io* and a writer for *Forbes* moderated the discussion during which the topic of the new smoke break surfaced. The talk focused on the need for people to engage in social tech.

## The Quantified Man: How an Obsolete Tech Guy Rebuilt Himself for the Future

BY KLINT FINLEY @clinton 02.22.13 6:30 AM

Follow @clinton

Google+

WIRED Feb 20, 2013 - Attendee Social - Public

Are you one big data set? Chris Dancy tracks anything he can about himself. We'll be doing a Google+ Hangout with him on Wednesday. Send us your questions using #quantifiedman. You might even get to ask him on air yourself!

The Quantified Man: How an Obsolete Tech Guy Rebuilt Himself for the Future | Wired Enterprise | Wired.com

Our work is being re-quantified -- in a big way -- and Chris Dancy, a director in the office of the chief technology officer at BMC Software, thinks it's time for employees to take these metrics into...

Chris Dancy | Quantified Man

Single Hangout with Chris Dancy, the Quantified Man

Updated videos



## Technology: Apps that help you manage your life

By Chris Nuttall

As himself, advises the ancient Greek aphorism -- and before others get to know better, a modern-day thinker might add, given the surveillance to which we are subjected to today.

THE STORY

Bloomberg WEST

BETTER LIVING THROUGH CIRCUITRY?

CTAS 45.58 +0.38 CTL 37.26 +0.31 CTSH 77.66

CHINA ORDERS NATIONWIDE PROBE INTO USE AFFORDABLE-HOUSING FUNDS

## The Quantified Human

Chris Dancy works for BMC Software in the Office of the CTO, developing new products and building on the principles of the quantified enterprise. A good bit of his inspiration comes from automation tools he uses to track and quantify his own data exhaust. Everything can be quantified, measured and analyzed. And so he is doing it himself. As Clint Finley wrote in *Wired*, Dancy calls himself the most quantified human on earth. It has helped reinvent who he is by using the data exhaust that he trails to give him a deeper understanding of himself and the future of work.

Dancy uses sensors to track his movements. His dog has a sensor to track where it is in the house. Sensors in his home are programmed so the music can be turned on and off during the day. Lights in the house turn on when he walks into the house. He uses *IFTTT* and *Zapier* to connect apps that feed into Google Calendar, Evernote and Excel.

## The Man Who Measures Everything

PHOTO BY RYAN WARRER 2013

Produced by Neil London

We are constantly being monitored. Frequent shopper cards mean that grocery stores know what we're buying. Our activity on Facebook determines what ads we see. And if we run a red light, or speed, traffic cameras capture it. Well, Denver IT professional Chris Dancy figures if companies and governments benefit from monitoring us, there's no reason we shouldn't benefit ourselves. Dancy's answer is the "quantified self movement." He tracks virtually everything about his life, with the help of sensors on his body and throughout his home. Dancy speaks to Ryan Warner.

## [INFOGRAPH] The Man Who Quantifies Every Moment Of Every Day

Illustration

Chris Dancy is wired up to measure himself every moment of every work day. These are his statistics on the day he spoke with DICK.

Chris Dancy

Chris Dancy is wired up to measure himself every moment of every work day.

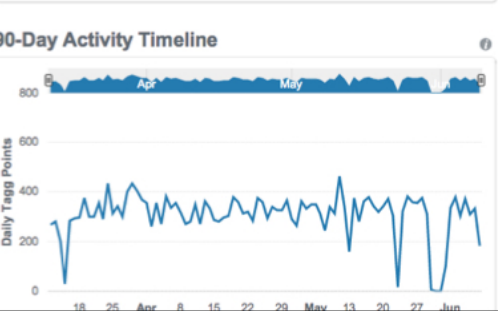
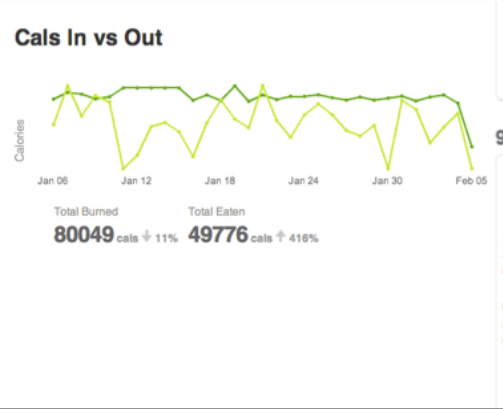
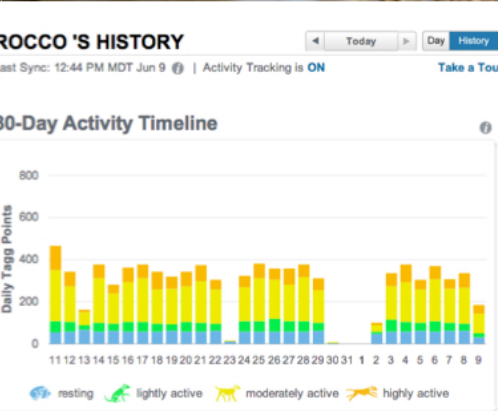
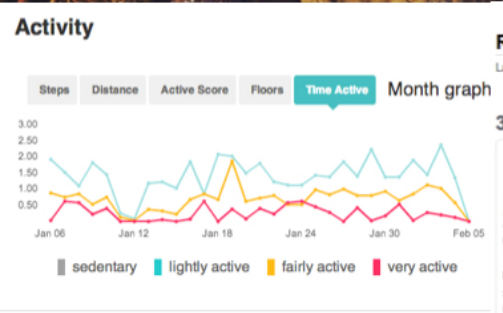
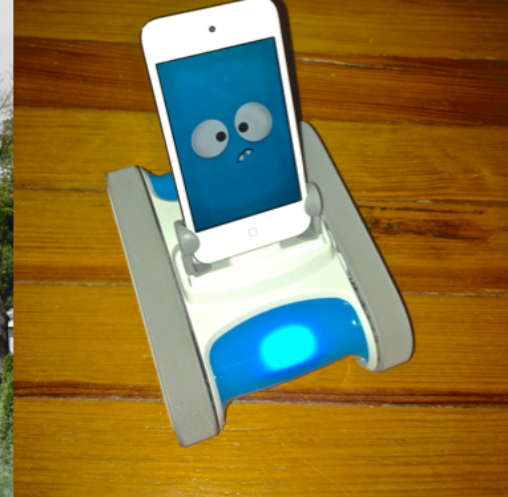


Instaweatheroro  
IPHONE APP

I'M HERE

# Denver

30°F MOSTLY CLOUDY  
7:20am  
3:54 PM DEC 30  
4:44pm



### Vitals

Romo

BATTERY

COOLING 78

DENVER NEST

ENERGY SCHEDULE SETTINGS SUPPORT

WED 5	NO USAGE
TUE 4	
MON 3	
SUN 2	NO USAGE
SAT 1	NO USAGE
FRI 31	15 MIN

### Vitals

Romo

FITNESS LEVEL 1 86 bpm NEXT LEVEL

0 0 0 0 5 9 2 meters

Romo 3A  
Serial No. 0010032013040800031

APP VERSION 2.2.1 FIRMWARE 1.1.1 HARDWARE 1.0.14



# Chris Dancy

