

# Maniac Week:

Experiments in Extreme Productivity



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# Data → Behavior Change

# Nick's 120 hour workweek

Code. Eat. Sleep.



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# That's insane!



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# 2. Remove distractions

→ STOPPED after 01:42s (add tags :void :smac :done :edit)

:done

Sending to beeminder.com/b/tack  
23 0.8377777777777778 "come up with some todos for genmid :  
done [01:42s]"  
[press enter to dismiss]

Thursday  
11:29:52

Concerto in D minor after  
Gemin Gold

#	SONG
1	Partita No. 5 in G Major, BWV 829: I. Preludio
2	Partita No. 5 in G Major, BWV 829: II. Ad libitum
3	Partita No. 5 in G Major, BWV 829: III. Courante
4	Partita No. 5 in G Major, BWV 829: IV. Sarabande
5	Partita No. 5 in G Major, BWV 829: V. Menuet



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# 3. Document it

The collage consists of several overlapping images:

- Terminal:** Shows a series of shell commands and their outputs, including file operations, git commits, and system status checks.
- Code Editor:** Displays a README file with the following content:

```
# Beeminder's Scratch Area

To do list that has probably shouldn't stick here, but doesn't know where else to stick:

* merge this with settings 0/0 above.
* ** remove data from above show current day-per-deadline. E.g., at 13:01am on Aug 8th with a 9am explicit deadline it should show "today (9)".
* some polling at the moment uses the deadline as the asymptote, but with e.g., a 9am explicit deadline, you can move your reminder a bit earlier and get a little reminded, but maybe you want to get reminded before you go to bed, for example.
* keep a list of timesone changes w/ the user and write a snifty lookup function.
* should we do the same for deadline changes?
* ** the what do we do about all the existing deadlines and deadline parsing? -> two things: caret actually use "right now" +/- today, do correct thing with day/night/timesamp for day-entenced, once those things are done for new datapoints we can start transitioning.
* along through other instances of day/nighting, what is to be done with every other date we show?
* ** interface for setting deadlines
* aka/semi-pending of whatever of the deadline field.

** Must do before starting a beta group and letting a few people run it through the paces for us.

<cr>cr>cr>/<cr>

# 08/07/00 <cr> Open Questions / Things to Reconsider Later

1. Decide whether we've lowered the bar too much for weaseling along you can report data (specifying the day of the month) after the deadline and it's adjusted back to just after yesterday's deadline.
  (datapoints will show up as tomorrow if you've missed today's deadline but tomorrow gives explicitly work X).
  That could make it too easy to reply to the legit check like "hey, so that was totally done enough, right? can you just hit my undo on that deadline real quick?".
2. The whole thing where a datapoint specified as "the 29th" was not an official timesamp that's basically the 29th.
  How we add the deadline value to store it and then adjust the deadline value again to display it.
  It seems weird but it's the right thing for automata where we store the true timesamp.
  It's a pain in the case of reminders where we need to adjust it so that when the user says "the 29th" it always actually displays that way.
3. When we sample Duolingo we don't get the actual timesamp, just the current number of points.
  But that's ok because we sample right before the deadline so we can treat the current number of points as timesamped right now.
```
- Gantt Chart:** A task management tool showing a timeline with various tasks and their durations.
- Video Player:** A video player showing a scene from the movie 'Ultraviolet'.
- Music Player:** A music player showing the song 'Ultraviolet' by Bethany Marie Soule.



BEEMINDER

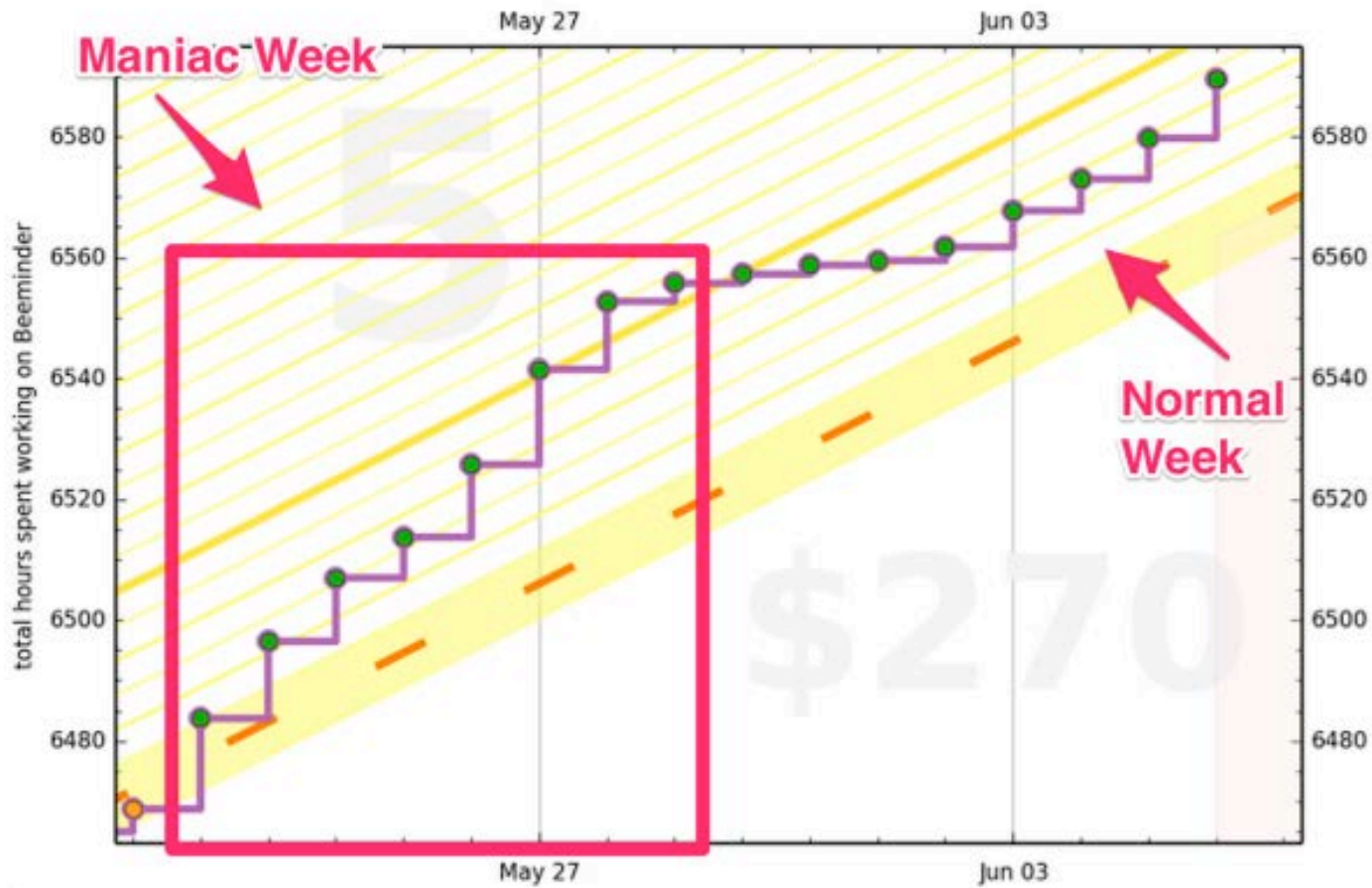
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# The Good



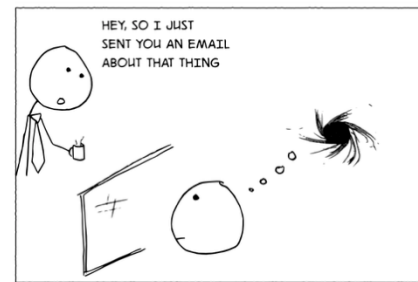
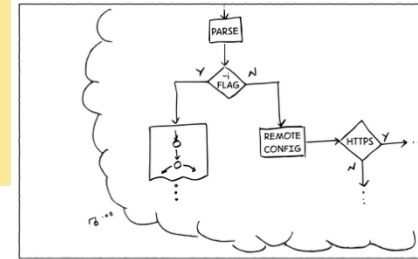
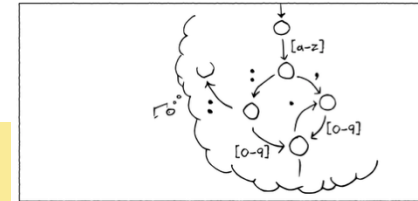
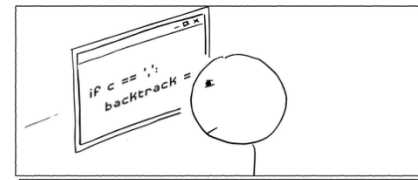
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# Cost to switching



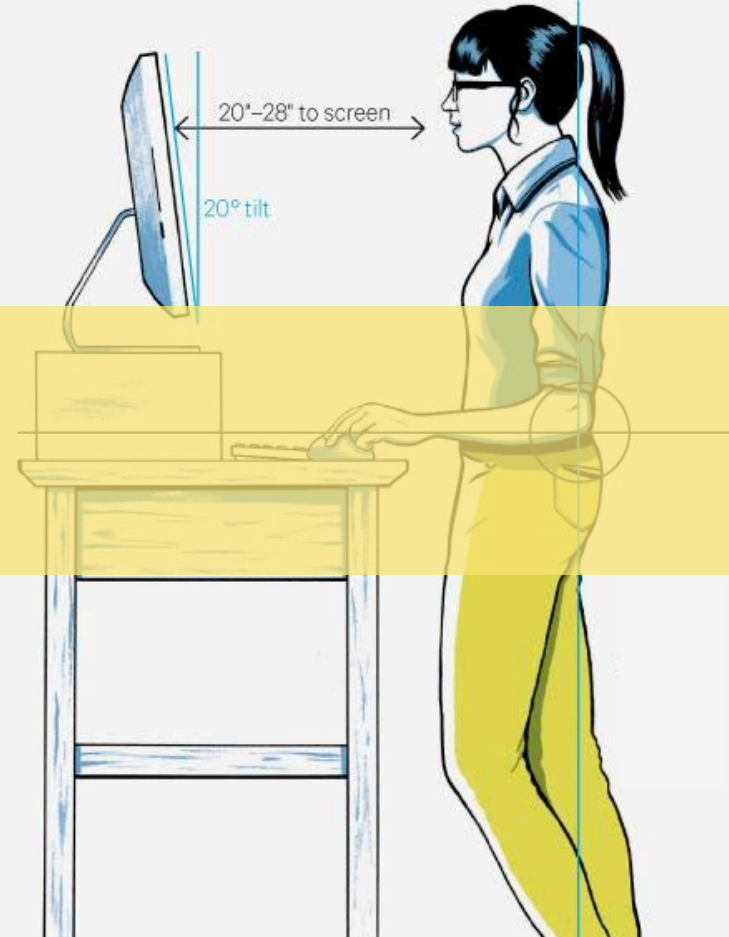
# The Bad: “You’ll burn out!”



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# Sitting is hard



Be Prepared!



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# Mark Forster's *Final Version*

# Public Precommitment



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Normal version: **your boss**



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Extreme version: **\$1000 bet**

# Don't read email



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# *The Email Game*

# GmailZero



**BEE MINDER**

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# Live at your office

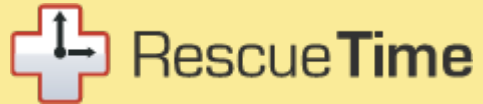


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# Distraction interrupt

Use force:



# Sign out



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# Out of sight

# Do Pomodoros



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25 or 45 minutes



“Do focused work. HOW?”



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# Pick **concrete** tasks

# Backtalk:

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