



# 50,000 Observations Later

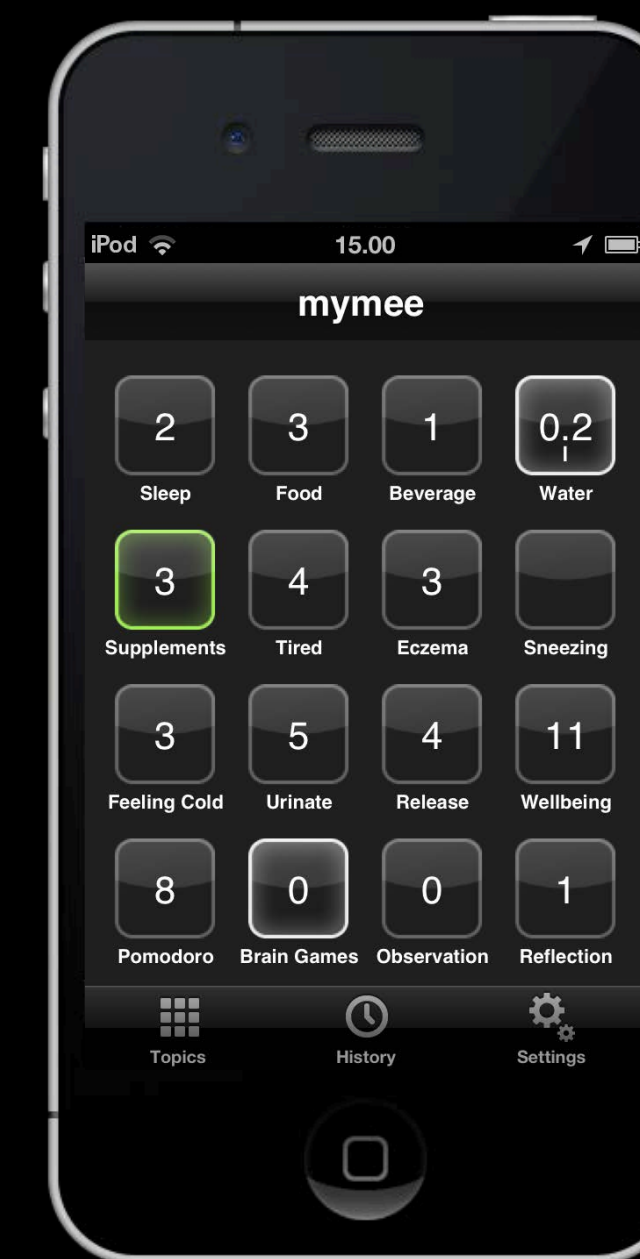
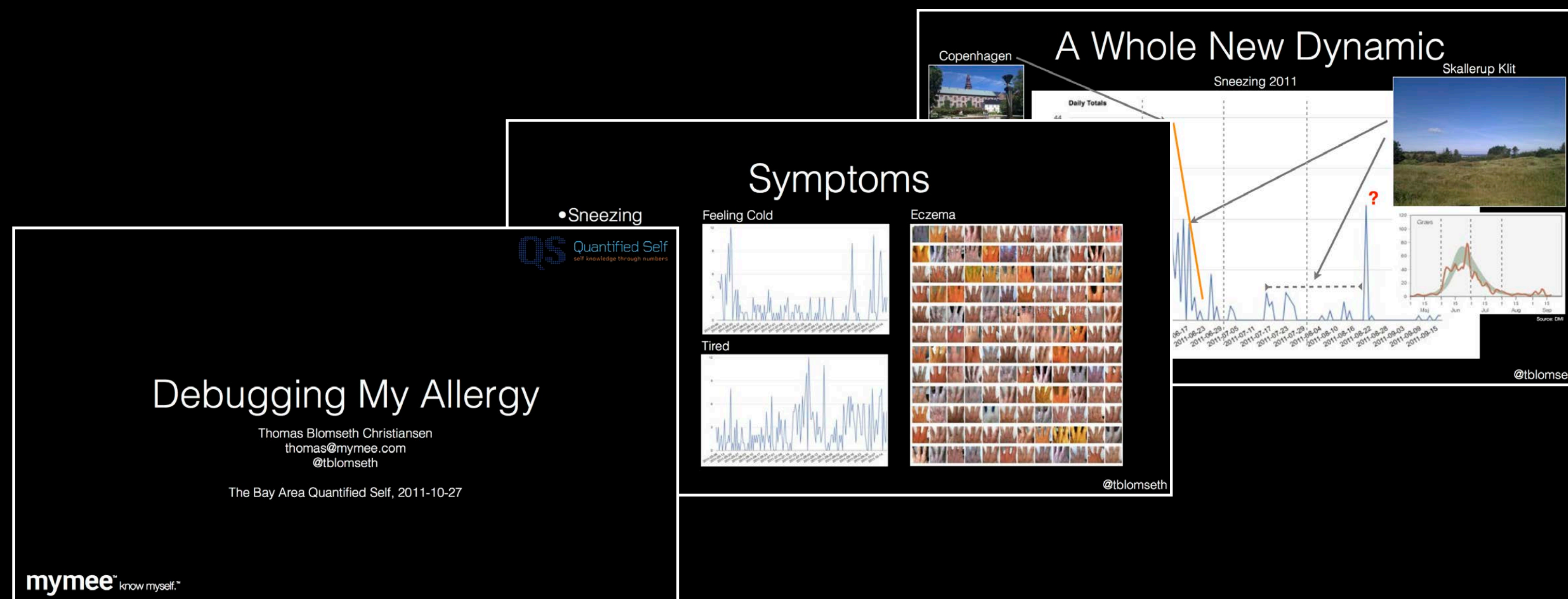
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Quantified Self Conference 2013

# Showed & Told October 2011



At that time I had made 9400+ observations of my condition and my daily living since May 2011 using our Mymee app

Now

60000+ observations

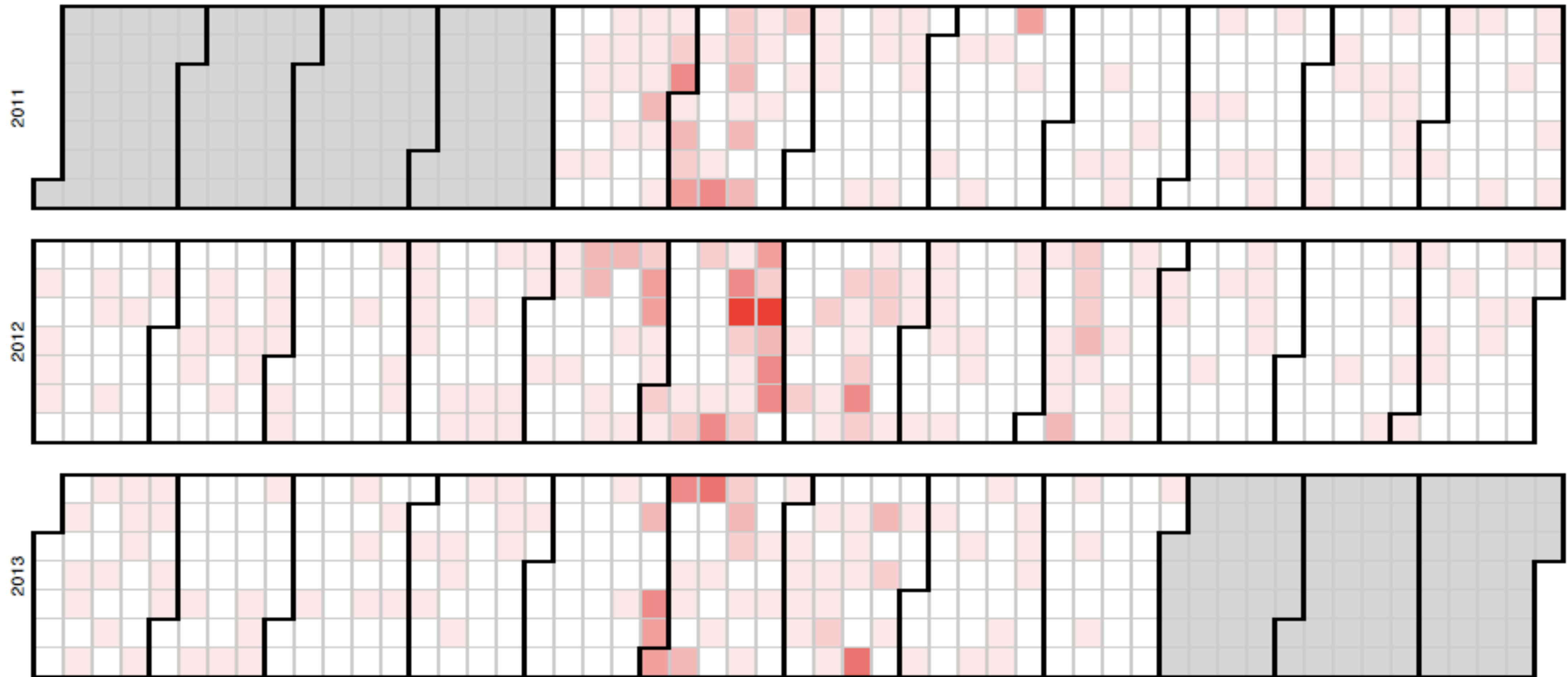
# Sneezes

- 877 Sneezing observations
- 1968 individual sneezes

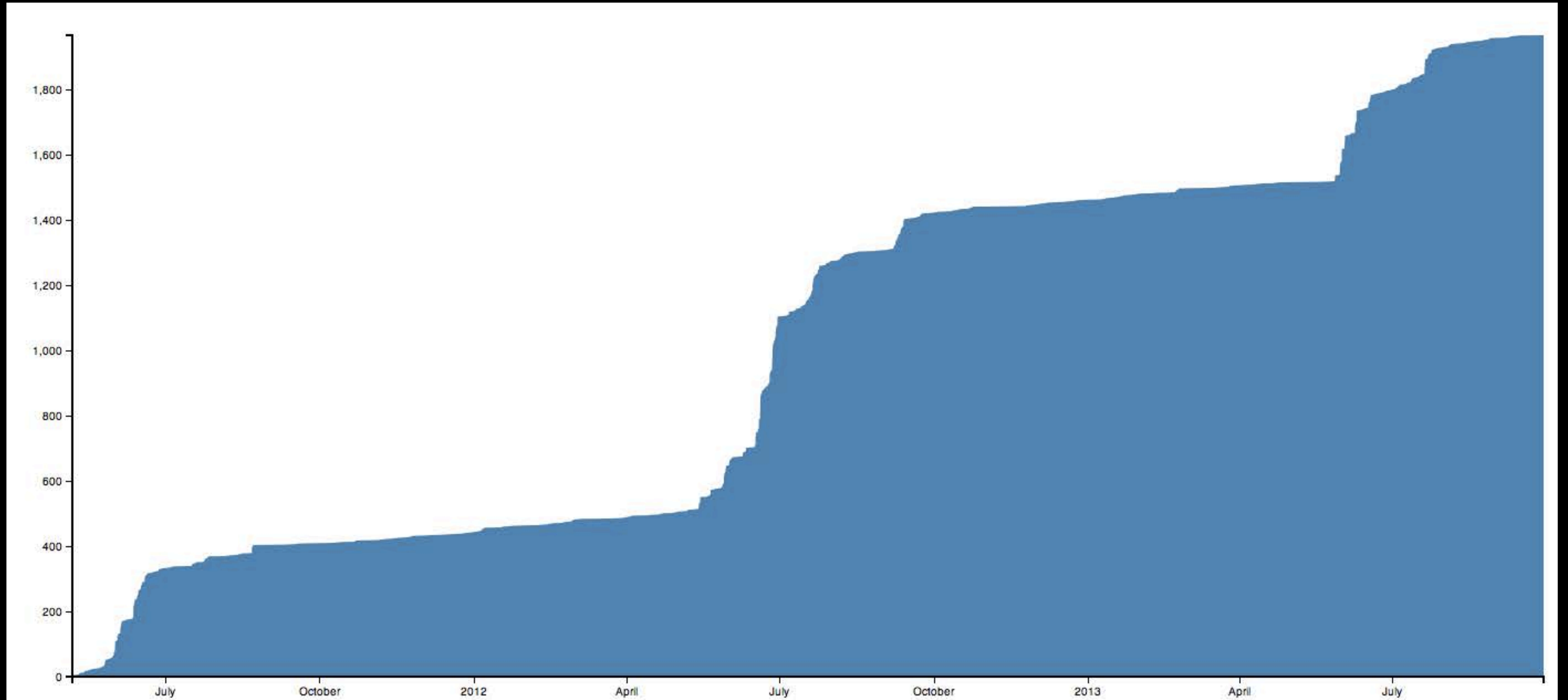
# Sneezes

- Sneezes are discrete, easy to count
- Making observations immediately

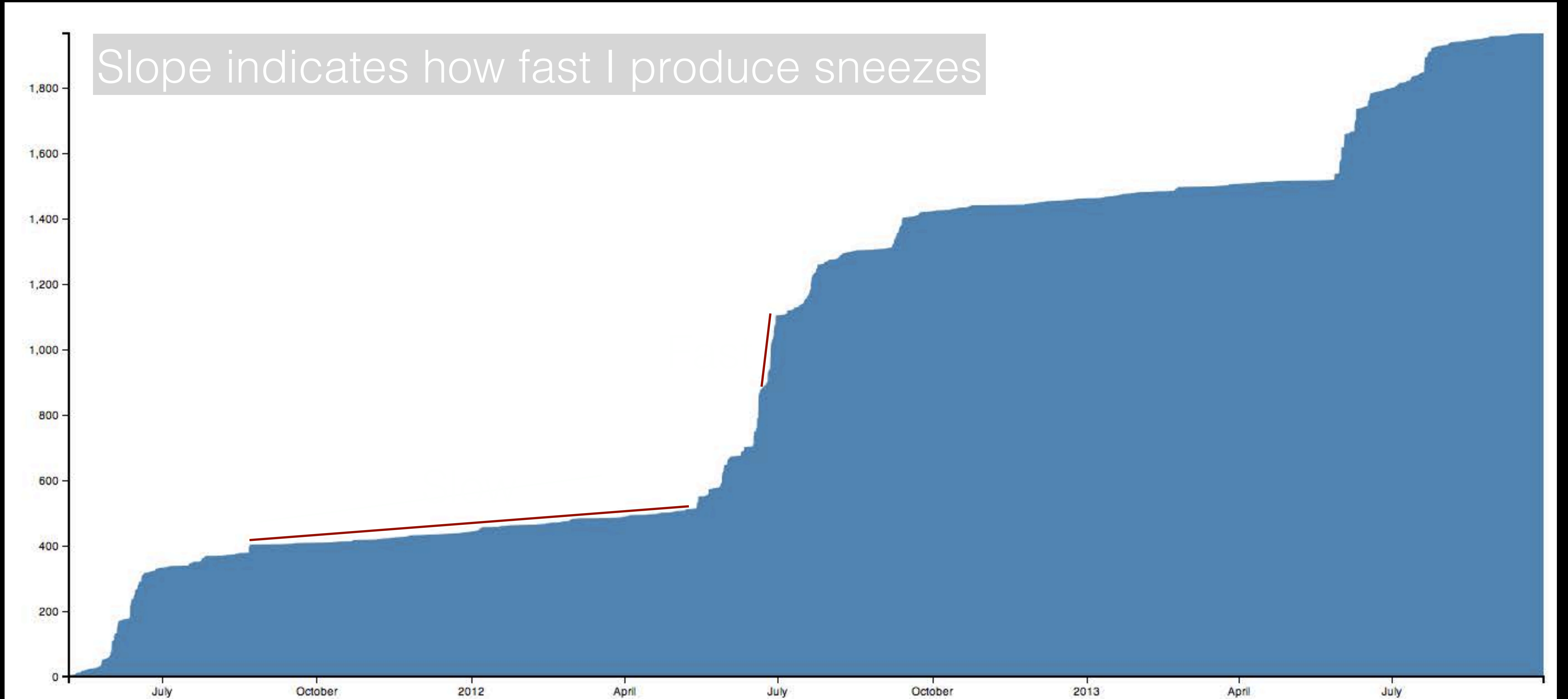
# Sneezes 2011-2013



# Sneezes 2011-2013

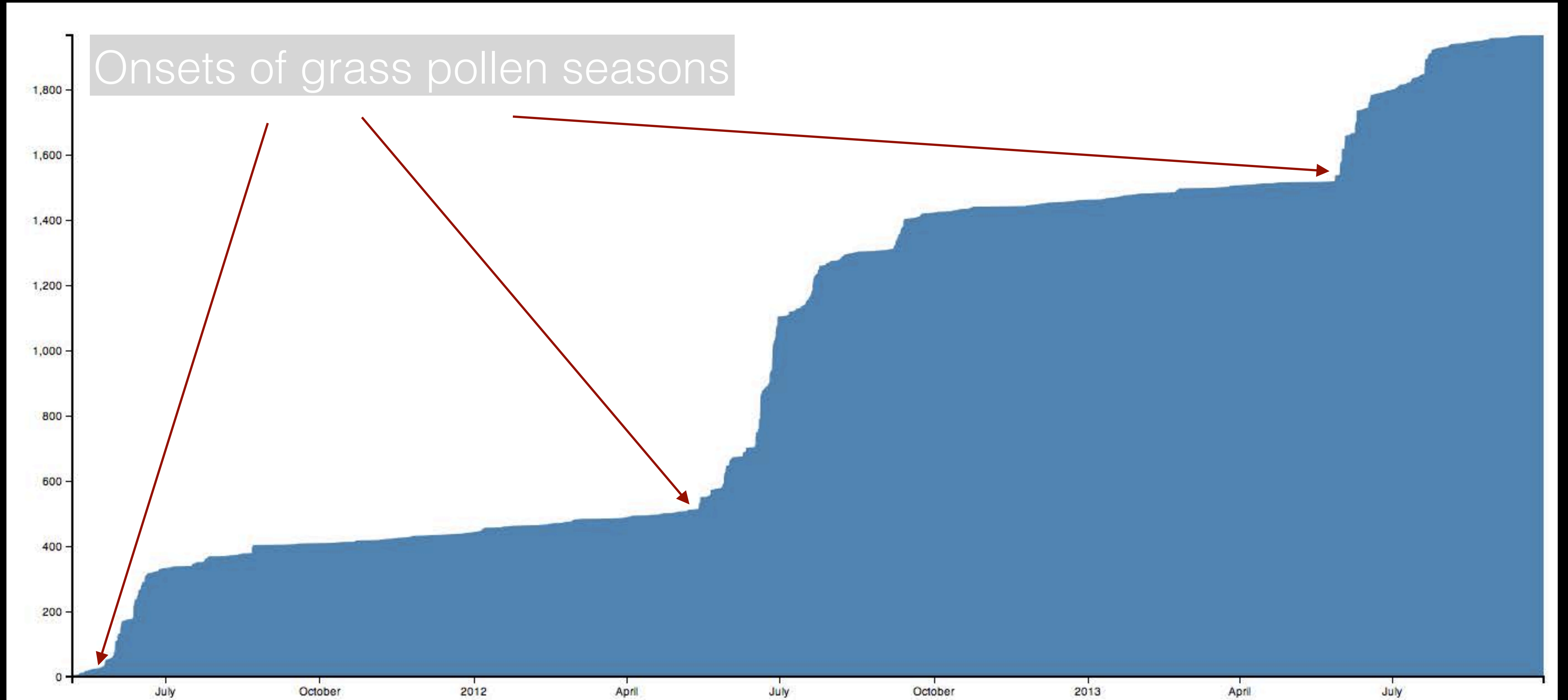


# Sneezes 2011-2013

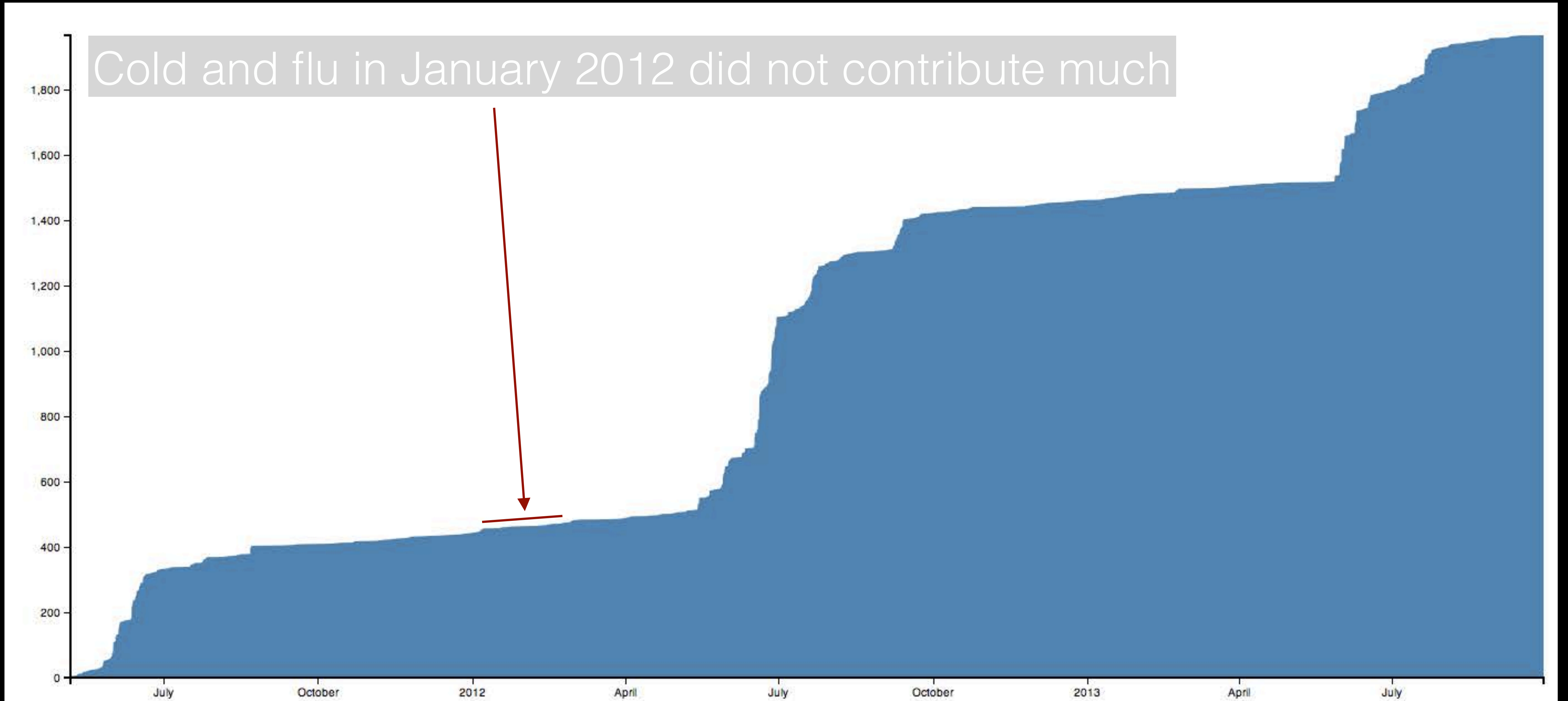




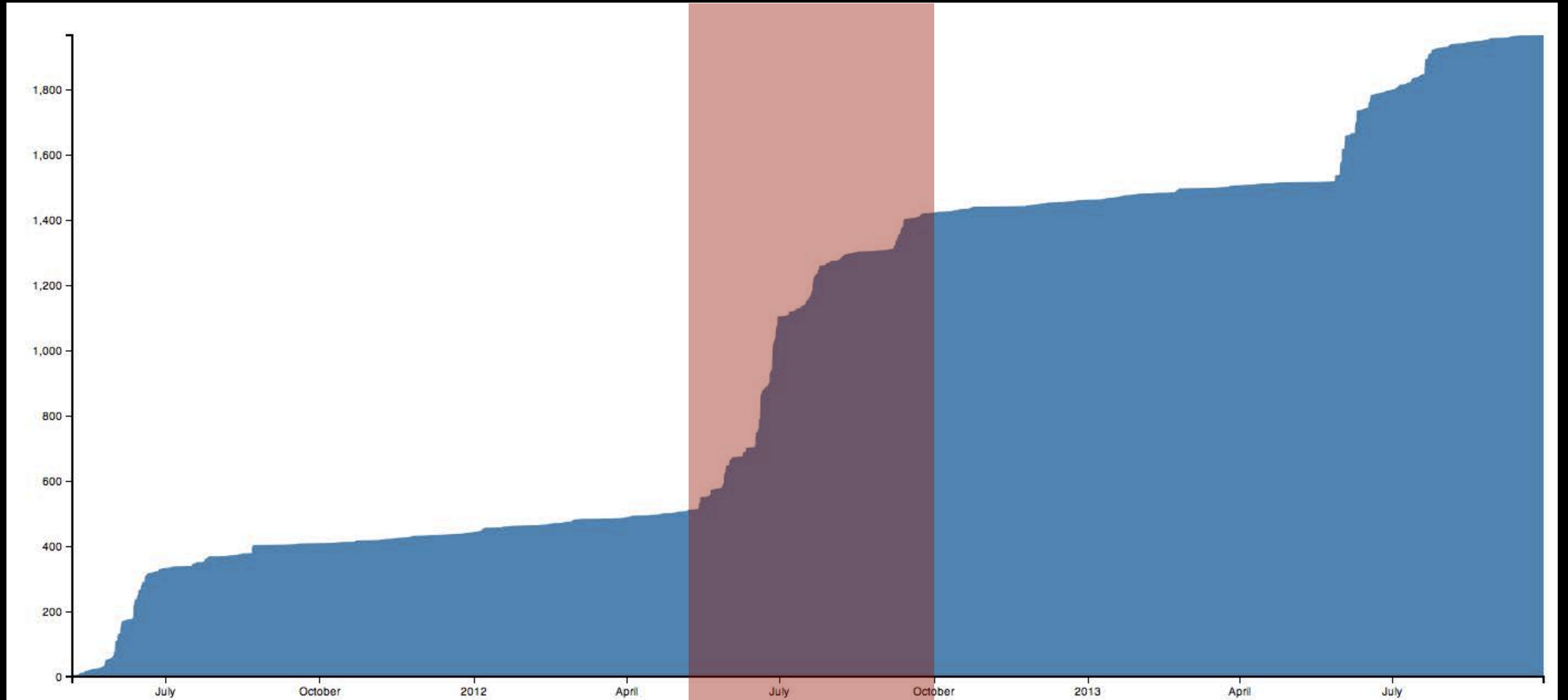
# Sneezes 2011-2013



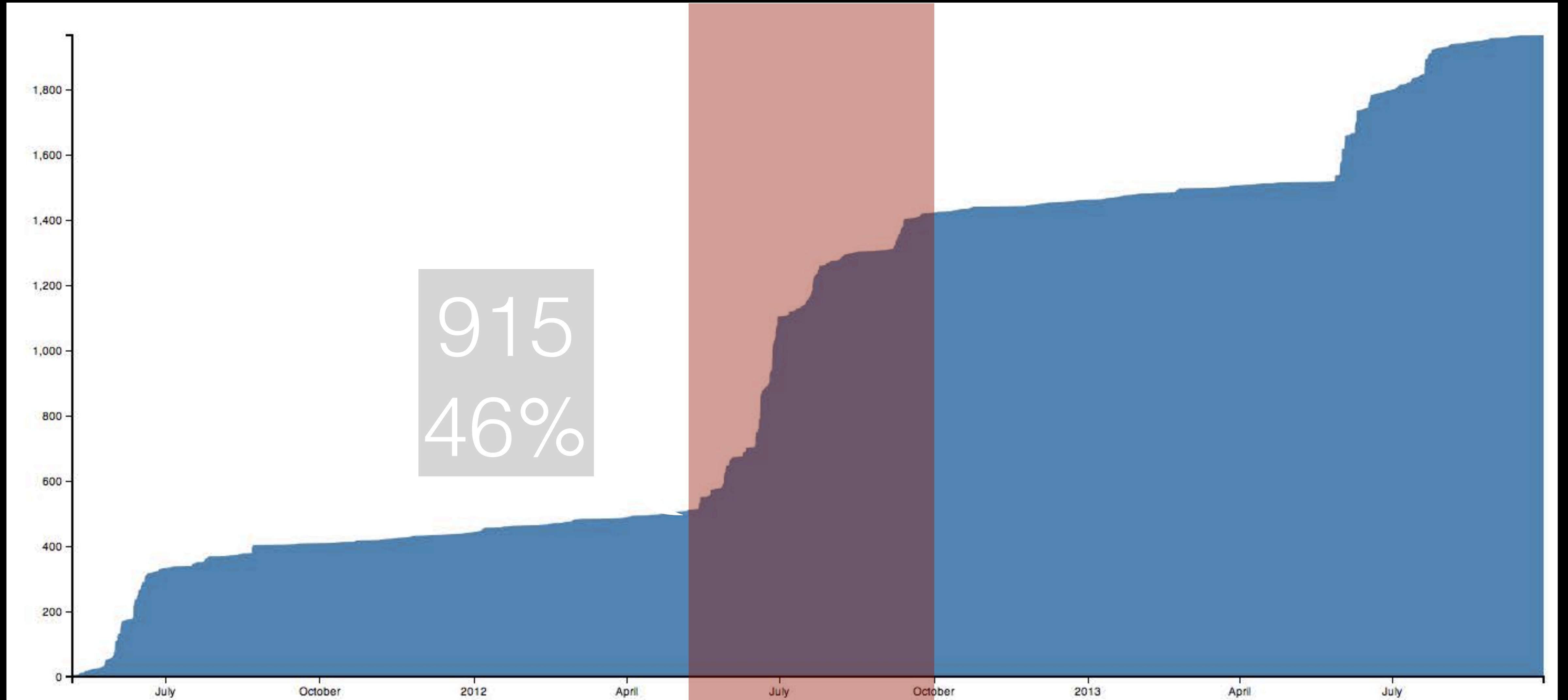
# Sneezes 2011-2013



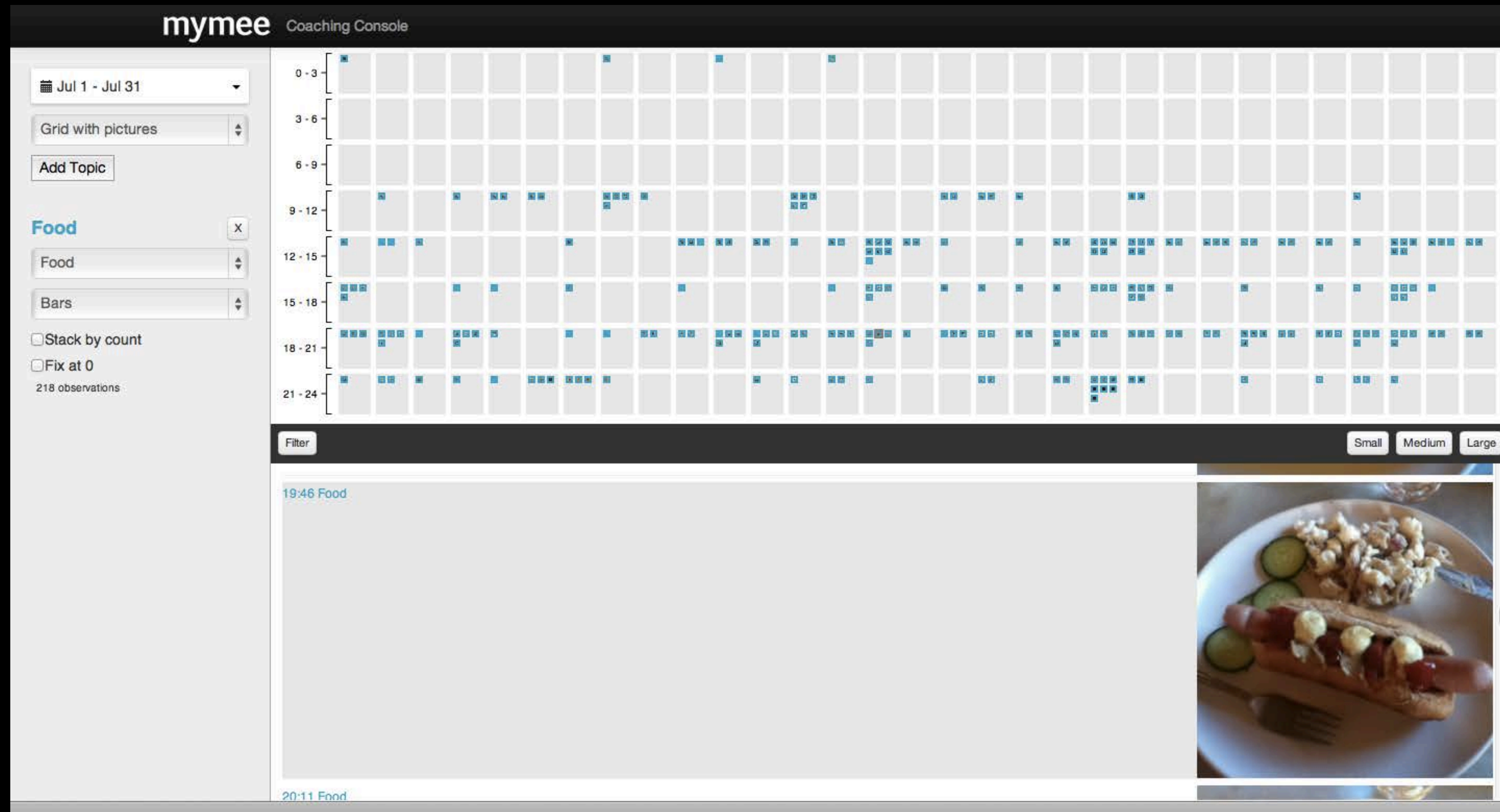
# 2012?



# 2012?



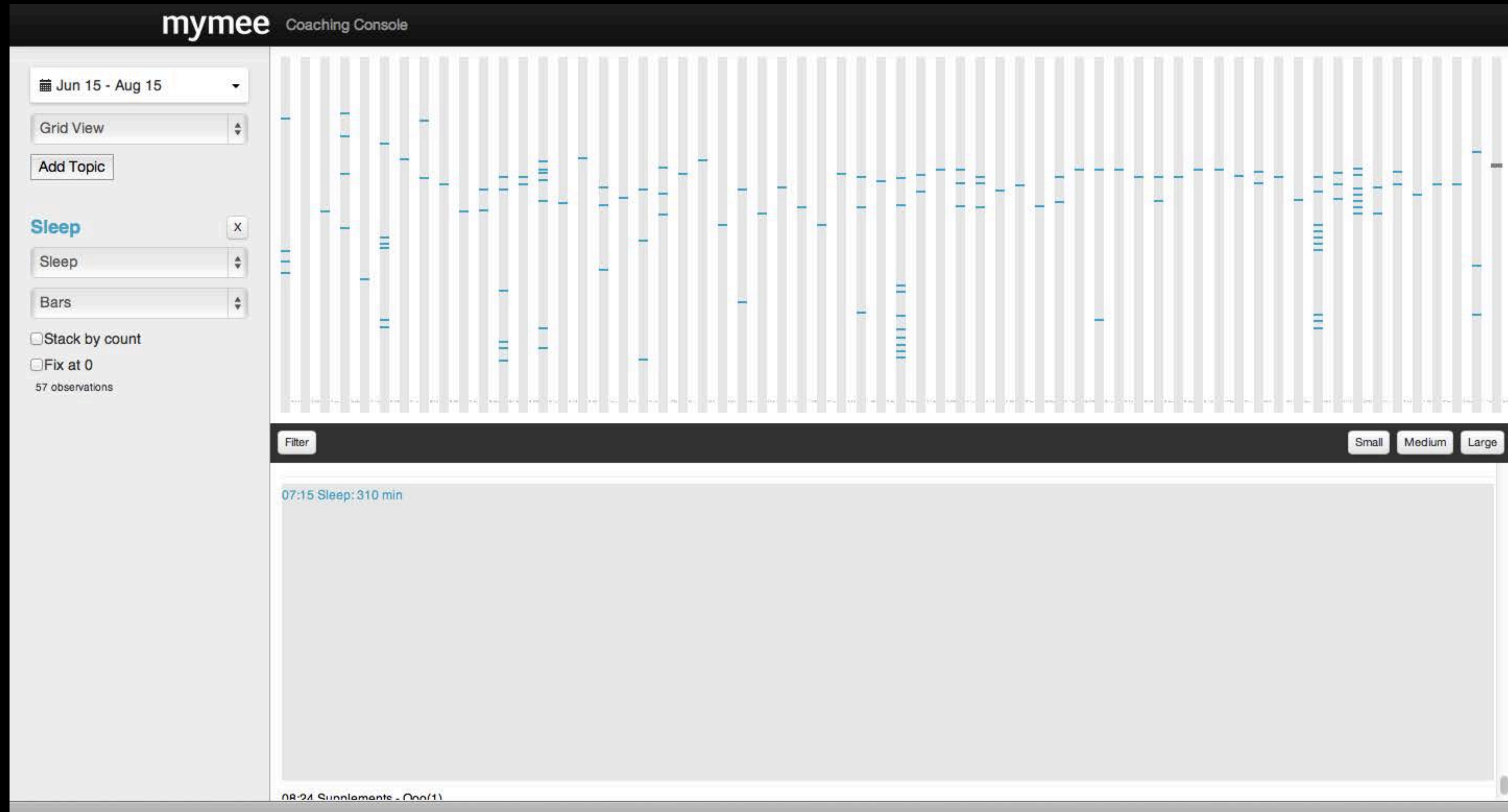
# Diet Summer 2012?



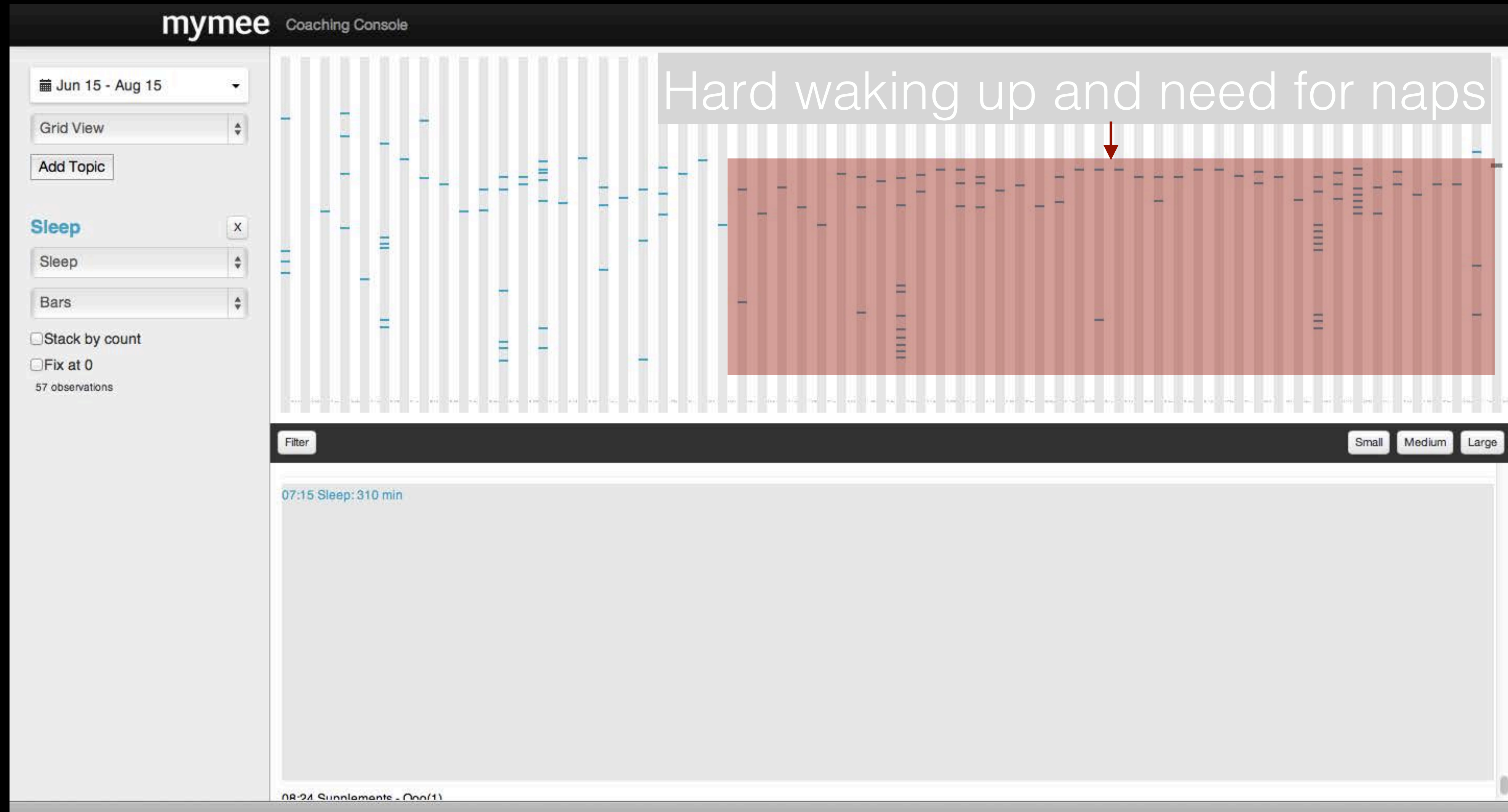
# Diet Summer 2012



# Sleep Timings Summer 2012?

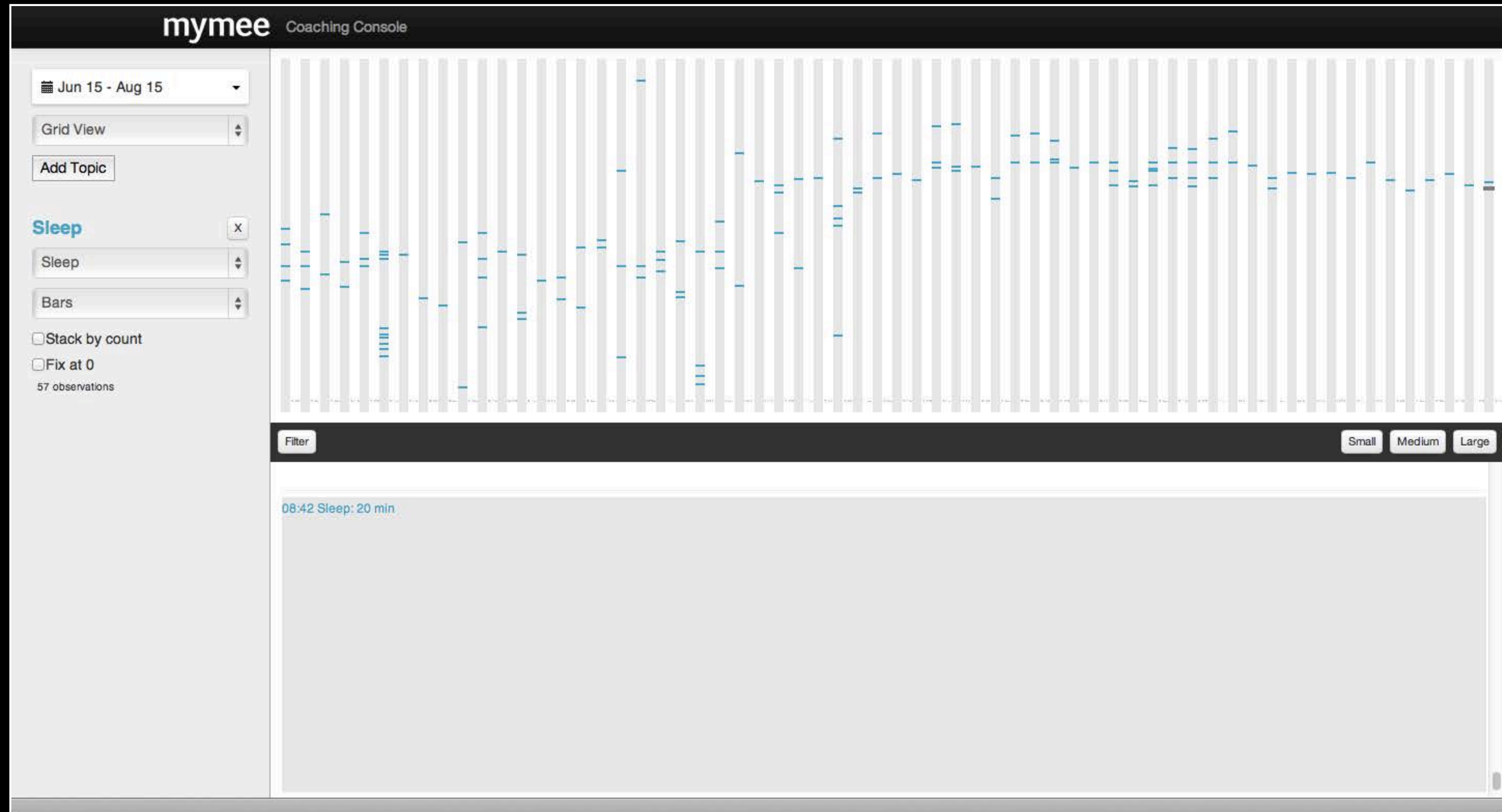


# Sleep Timings Summer 2012

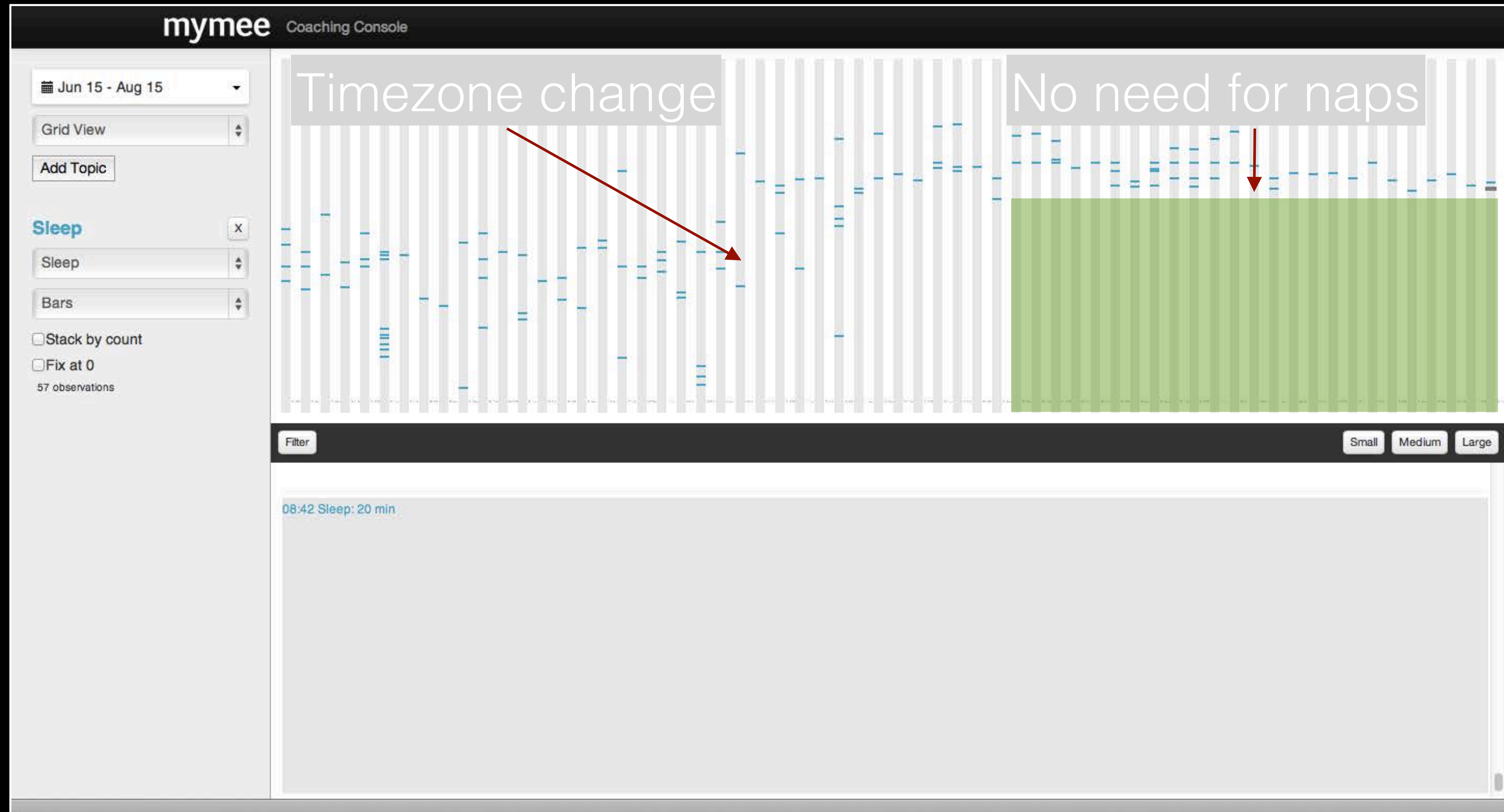




# Sleep Timings Summer 2013?



# Sleep Timings Summer 2013



# Diet Summer 2013



Looking at the body as a  
decision-making system

“Guidance is on internal”



“By what method?”

*W. Edwards Deming*

Try to find discrete  
phenomena to track

Develop multiple, competing  
models of what you are looking at



“Tickle” the system to make it  
reveal more about itself

Maximize learning  
by paying attention

Try not to get lost in the details

Look for what is *constant* and  
for what *changes*

Backtrack to try to eliminate  
and minimize interventions

“Rinse and repeat”



Quantified Self  
self knowledge through numbers

# Thank You

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**mymee**  
know myself.