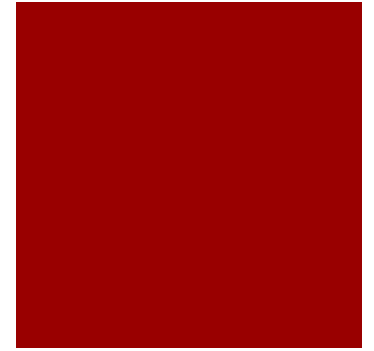




# Low Friction Personal Data Collection

Aaron Parecki  
@aaronpk • [aaronparecki.com](http://aaronparecki.com)

CyborgCamp PDX  
November 2012



# Things I currently track

- **Location/GPS** (since 2008)
- **Location/Checkins** (since 2009)
- **Sleep** (since November 2011)
- **Weight** (since October 2011)
- **Car Gas Fillups** (2008-2011)



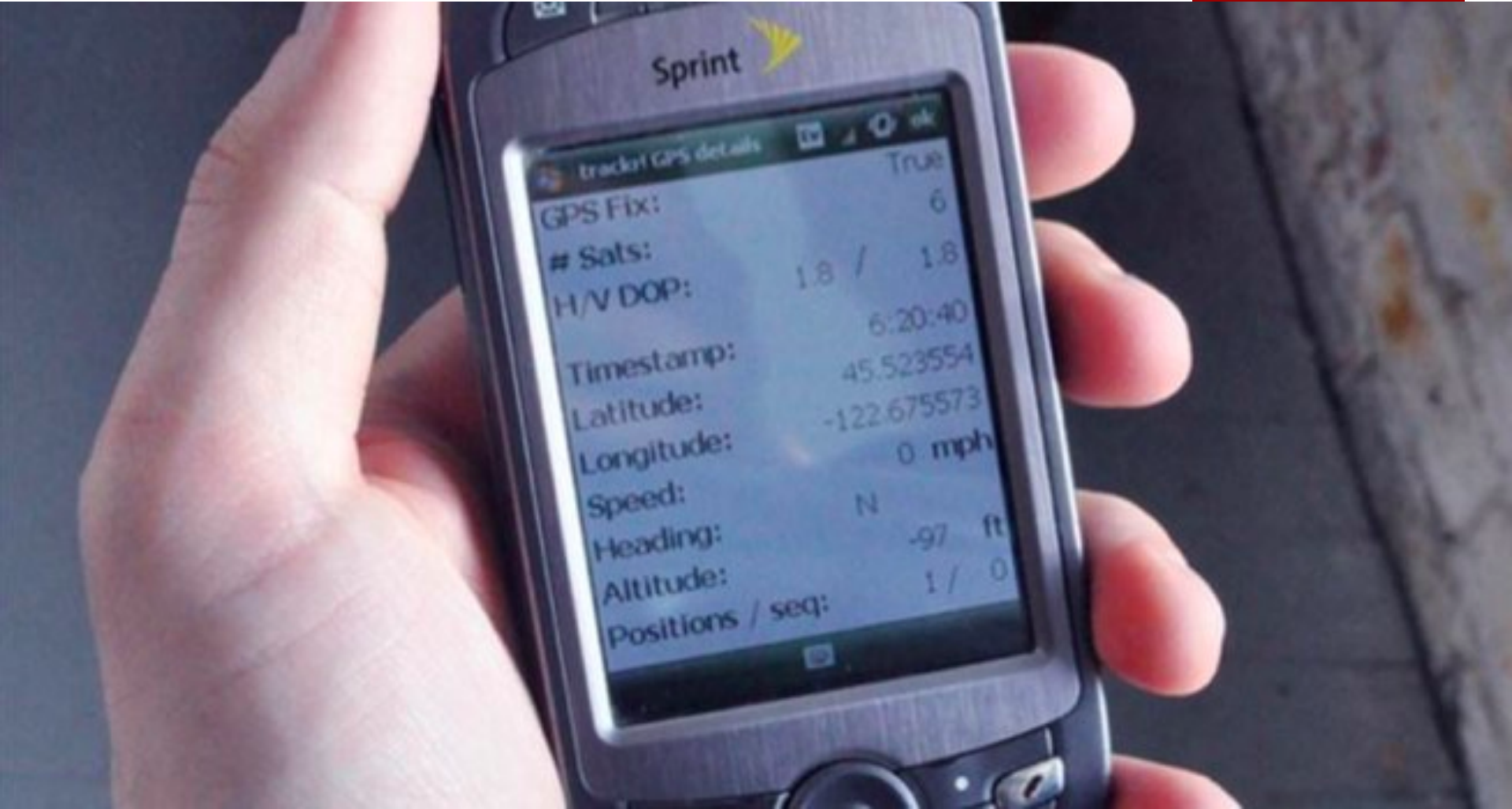
# Location / GPS

2008 - Present

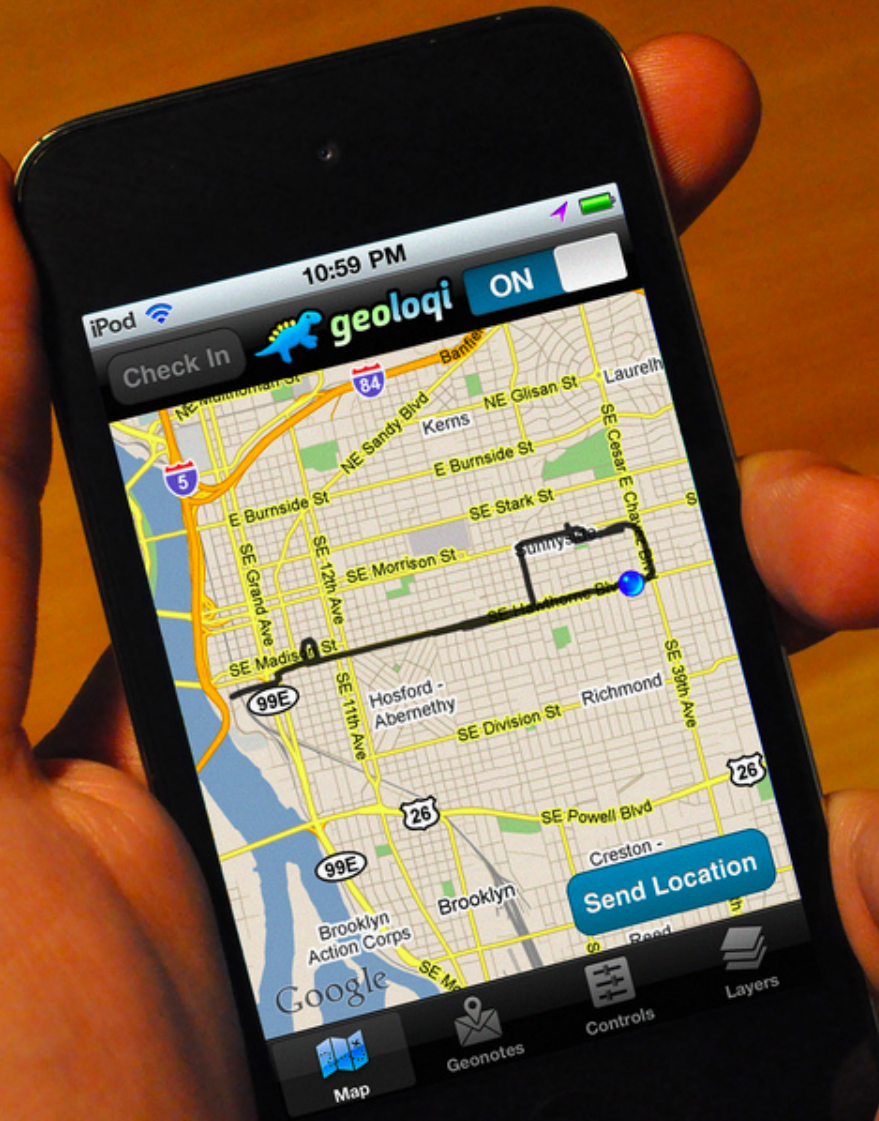
# Hardware GPS Logger



# GPS-Enabled Phone (2008)

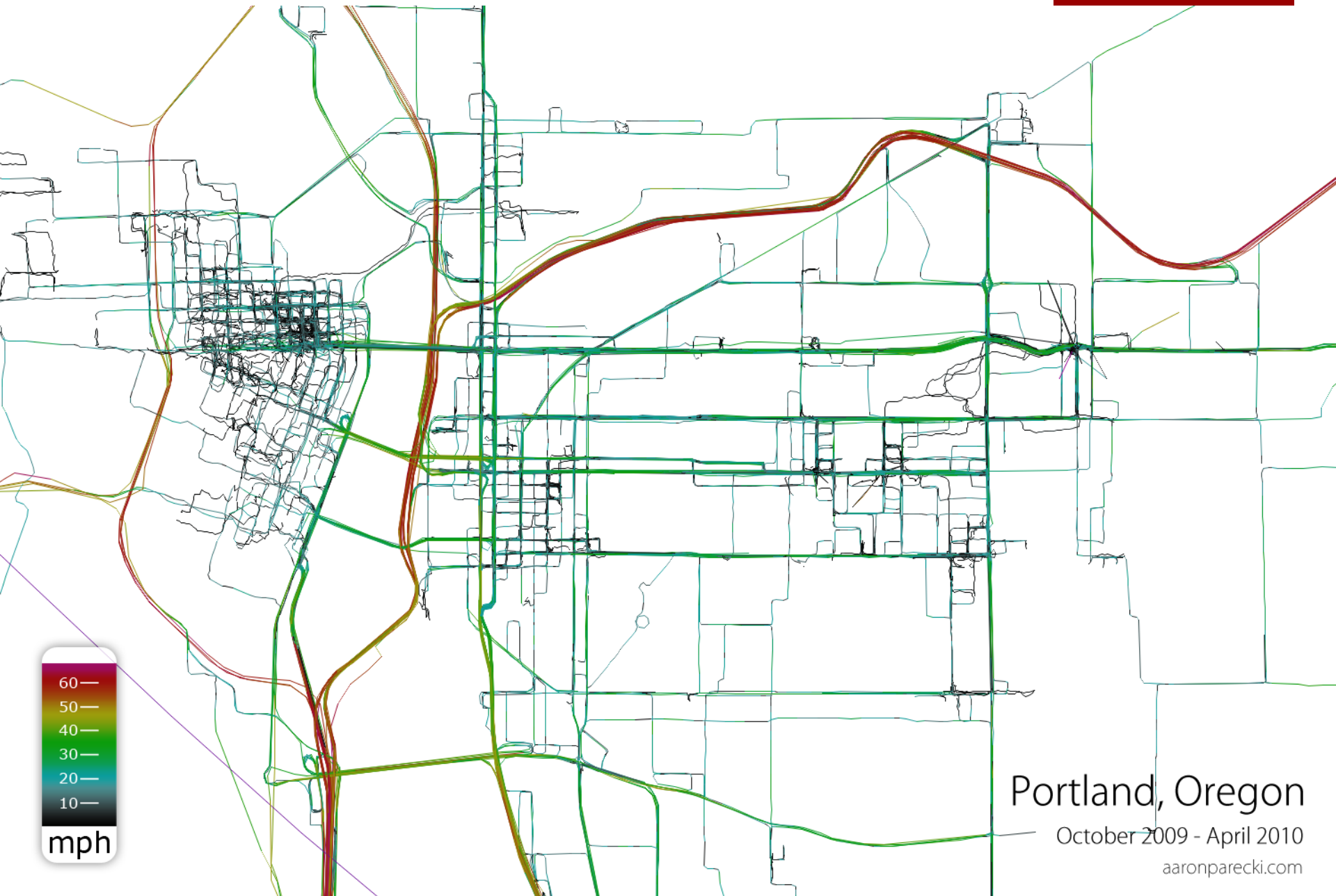


# Geoloqi on an iPhone









Portland, Oregon

October 2009 - April 2010

[aaronparecki.com](http://aaronparecki.com)

@aaronpk

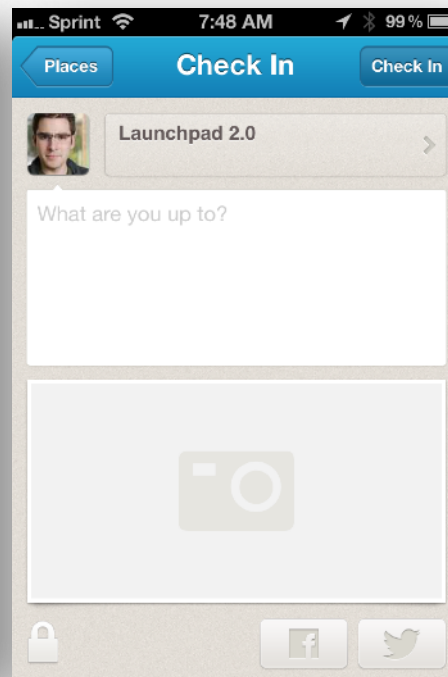
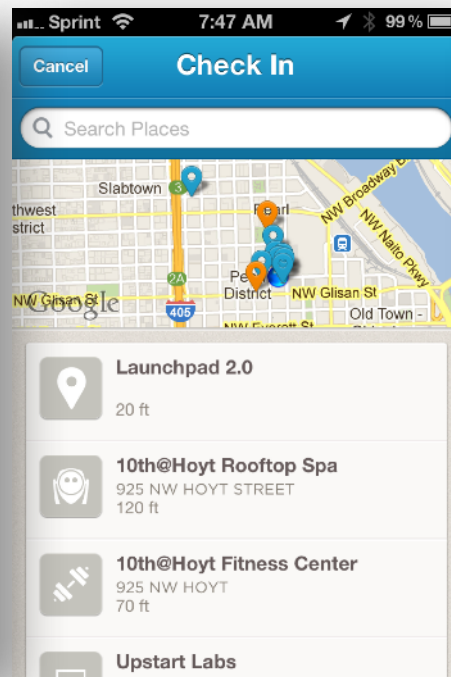
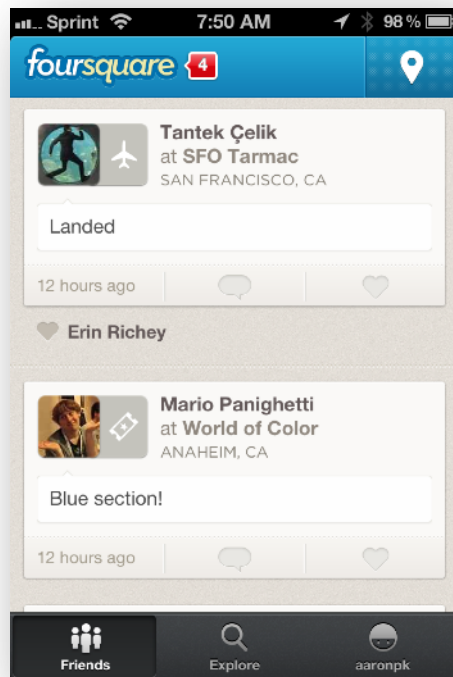




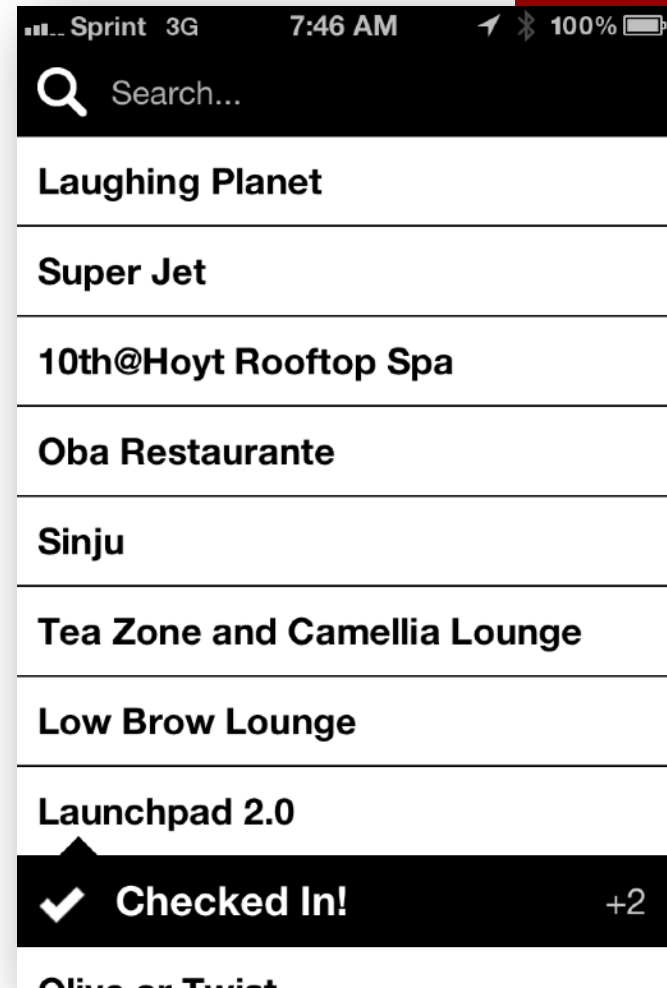
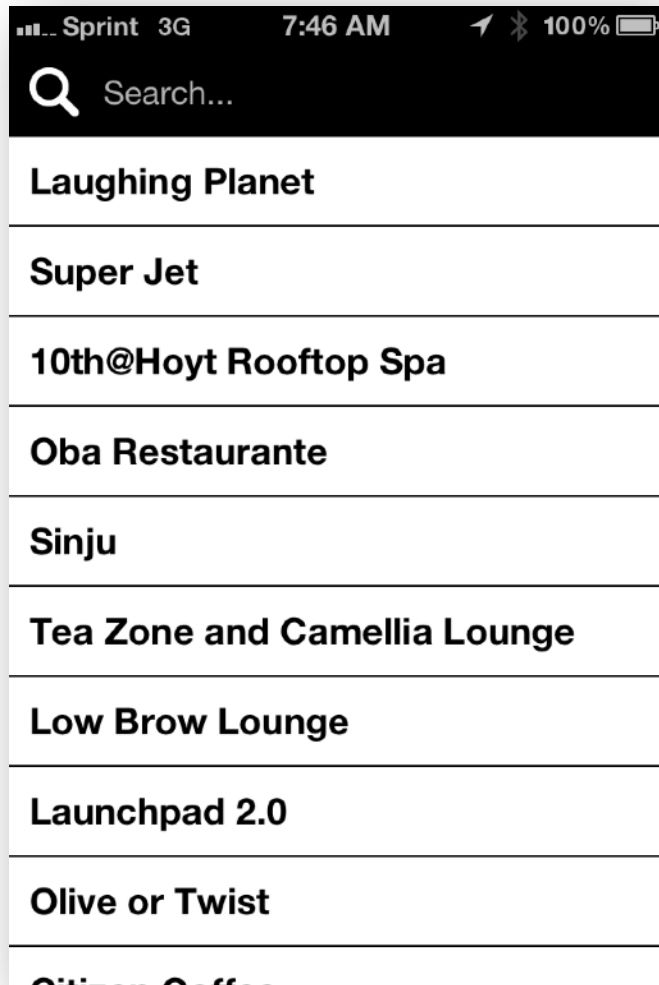
# Location / Checkins

2009 - Present

# Foursquare Checkins



# Checkie: One-click Checkins



# Checkin History



2012-08-30 22:18:44	Super Jet	45.52929573953662	-122.68147146221156
2012-08-30 21:43:02	London Influence	45.520203	-122.682016
2012-08-30 19:08:49	Los Gorditos Perla	45.524339	-122.680762
2012-08-30 00:59:39	Bangkok Palace	45.516866	-122.6764413
2012-08-29 19:21:12	Floyd's Coffee	45.516256	-122.67656
2012-08-29 15:52:35	Morning Star Cafe	45.519587	-122.674668
2012-08-29 05:44:45	M Bar	45.52595383383473	-122.69443342267603
2012-08-29 02:51:11	Upstart Labs	45.526686935508785	-122.68009682946128
2012-08-29 01:16:03	Los Gorditos Perla	45.524339	-122.680762
2012-08-28 20:39:04	Barista	45.5192097361088	-122.6749243826634
2012-08-28 18:14:52	Sonny Bowl	45.5197245	-122.674601
2012-08-28 15:15:53	Barista	45.5192097361088	-122.6749243826634
2012-08-28 01:57:27	Bangkok Palace	45.516866	-122.6764413
2012-08-27 23:04:24	Barista	45.5192097361088	-122.6749243826634
2012-08-27 18:37:12	Café Yumm!	45.51841375151197	-122.6757001876831
2012-08-27 15:14:57	Super Jet	45.52929573953662	-122.68147146221156
2012-08-27 03:33:36	Ace Hotel	45.52217369261939	-122.68163432744879

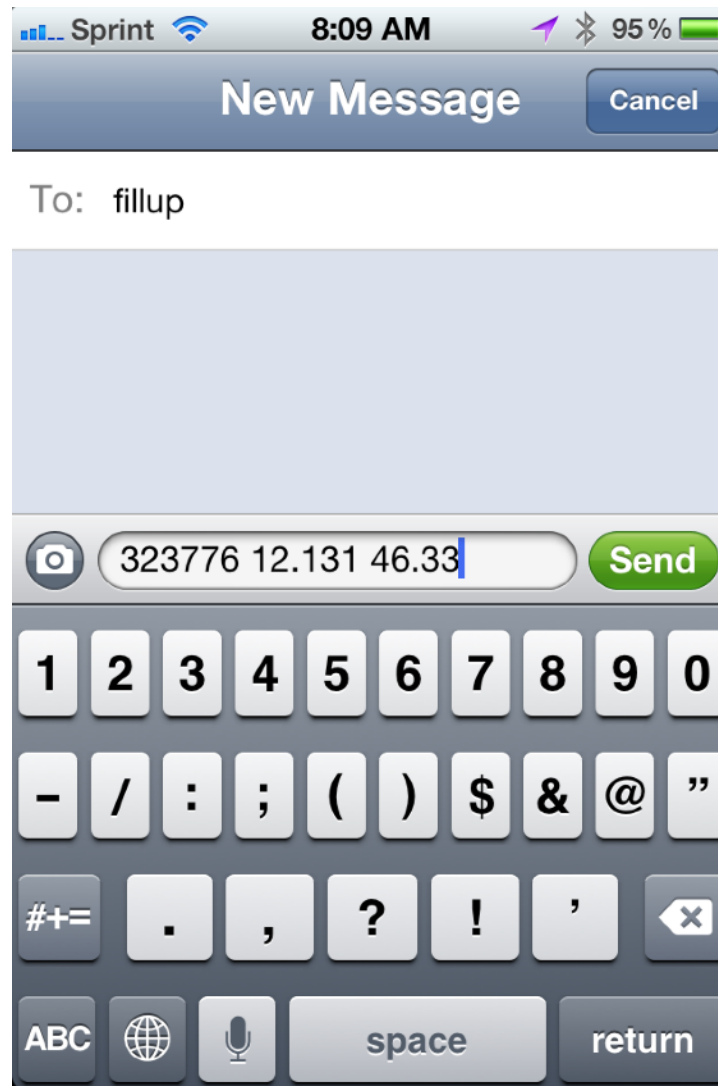




# Car Gas Fillups

2008 - 2011

# Simple SMS Interface



# Fillups

Date	Time	Gallons	\$/Gal	MPG	\$/mi	Trip	Odometer	Cost	Location
2011-11-18	9:49 pm	12.371	\$3.80	15.36	\$0.25	190 mi	323966	\$47.00	<a href="#">map</a>
2011-10-05	9:59 pm	12.131	\$3.82	18.22	\$0.21	221 mi	323776	\$46.33	<a href="#">map</a>
2011-09-04	1:55 pm	11.706	\$3.80	18.62	\$0.20	218 mi	323555	\$44.47	<a href="#">map</a>
2011-08-04	10:20 am	11.376	\$3.84	4.75	\$0.81	54 mi	323337	\$43.67	<a href="#">map</a>
2011-07-31	2:45 am	12.200	\$3.44	16.39	\$0.21	200 mi	323283	\$42.00	<a href="#">map</a>
2011-07-24	8:52 am	10.423	\$3.84	18.61	\$0.21	194 mi	323083	\$40.01	<a href="#">map</a>
2011-06-28	1:49 pm	12.891	\$3.78	17.14	\$0.22	221 mi	322889	\$48.72	<a href="#">map</a>
2011-06-06	7:53 pm	13.048	\$3.94	17.78	\$0.22	232 mi	322668	\$51.40	<a href="#">map</a>
2011-04-06	6:40 pm	12.444	\$3.90	17.28	\$0.23	215 mi	322436	\$48.52	<a href="#">map</a>
2011-03-04	3:57 pm	13.400	\$3.70	17.16	\$0.22	230 mi	322221	\$49.57	<a href="#">map</a>
2011-02-04	3:35 pm	12.207	\$3.29	16.96	\$0.19	207 mi	321991	\$40.15	<a href="#">map</a>
2011-01-09	4:49 pm	12.065	\$3.32	19.23	\$0.17	232 mi	321784	\$40.04	<a href="#">map</a>
2010-12-12	1:31 pm	12.388	\$3.10	19.70	\$0.16	244 mi	321552	\$38.39	<a href="#">map</a>
2010-11-21	7:05 pm	12.807	\$3.10	21.08	\$0.15	270 mi	321308	\$39.69	<a href="#">map</a>
2010-11-07	9:29 am	8.004	\$3.00	23.49	\$0.13	188 mi	321038	\$24.00	<a href="#">map</a>
2010-10-31	8:26 pm	12.131	\$2.90	21.68	\$0.13	263 mi	320850	\$35.17	<a href="#">map</a>
2010-10-15	9:02 am	13.229	\$2.98	20.33	\$0.15	269 mi	320587	\$39.41	<a href="#">map</a>
2010-09-27	10:01 am	13.330	\$2.80	18.90	\$0.15	252 mi	320318	\$37.31	<a href="#">map</a>
2010-09-12	3:34 pm	12.452	\$3.00	21.84	\$0.14	272 mi	320066	\$37.34	<a href="#">map</a>
2010-09-01	10:25 am	12.024	\$3.10	21.54	\$0.14	259 mi	319794	\$37.26	<a href="#">map</a>
2010-08-11	9:37 am	11.779	\$3.06	22.41	\$0.14	264 mi	319535	\$36.03	<a href="#">map</a>
2010-08-02	10:19 pm	12.973	\$2.94	20.74	\$0.14	269 mi	319271	\$38.13	<a href="#">map</a>
2010-07-21	8:53 am	11.224	\$3.00	21.12	\$0.14	237 mi	319002	\$33.66	<a href="#">map</a>



# Sleep

Nov 2011 - Present



# Sleep Cycle App



- Place your phone on your bed
- Requires your phone to be plugged in
- Can wake you up at an appropriate time

# Fitbit



- Tracks steps, activity, and sleep
- To track sleep, requires you wear it around your wrist
- I was not able to sustain this because of the extra effort of using the wrist strap
- Button tap to put into “Sleep” mode

# Jawbone UP



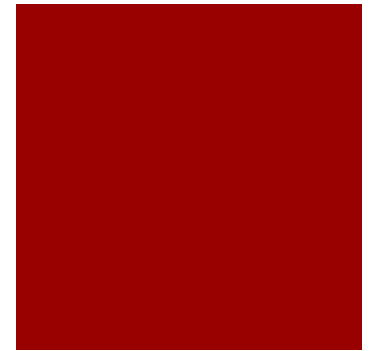
- Always on my wrist, so I never forget about it
- Battery lasts 8-10 days
- Button tap to put into “Sleep” mode

# Sleep Logs

date	asleep	awake	hours	location
2011-12-27	00:51:33	06:20:24	5.5	Portland, OR, US
2011-12-28	22:27:27	06:23:22	7.9	Aurora, CO, US
2011-12-29	21:28:35	06:31:36	9.1	Aurora, CO, US
2011-12-30	00:06:41	06:46:25	6.7	Aurora, CO, US
2011-12-31	21:56:41	07:13:33	9.3	Aurora, CO, US
2012-01-01	01:29:38	06:44:35	5.2	Aurora, CO, US
2012-01-02	02:18:47	06:46:48	4.5	Aurora, CO, US
2012-01-03	21:31:20	08:40:01	11.1	Boulder, CO, US
2012-01-04	00:10:26	08:03:14	7.9	Boulder, CO, US
2012-01-05	22:21:16	07:35:26	9.2	Portland, OR, US
2012-01-06	02:27:16	08:35:15	6.1	Portland, OR, US
2012-01-07	22:55:23	08:50:43	9.9	Portland, OR, US
2012-01-08	23:57:48	08:22:50	8.4	Portland, OR, US
2012-01-09	23:56:00	08:01:55	8.1	Portland, OR, US
2012-01-11	23:50:33	07:56:49	8.1	Portland, OR, US
2012-01-12	21:59:53	04:05:28	6.1	Portland, OR, US
2012-01-13	00:42:44	08:21:41	7.6	Portland, OR, US
2012-01-14	23:46:23	08:19:10	8.5	Portland, OR, US
2012-01-15	23:50:45	07:43:23	7.9	Portland, OR, US
2012-01-16	00:23:44	07:55:08	7.5	Portland, OR, US
2012-01-17	00:33:54	07:09:52	6.6	Portland, OR, US
2012-01-18	23:18:23	04:18:11	5.0	Portland, OR, US
2012-01-19	12:09:16	13:17:30	1.1	New York, NY, US
2012-01-20	21:36:00	05:59:35	8.4	New York, NY, US
2012-01-21	00:30:53	09:39:25	9.1	Portland, OR, US
2012-01-22	22:57:50	08:44:43	9.8	Portland, OR, US
2012-01-23	22:23:57	04:47:09	6.4	Portland, OR, US
2012-01-24	22:10:28	08:47:27	10.6	Palo Alto, CA, US
2012-01-25	22:47:05	06:06:39	7.3	Portland, OR, US

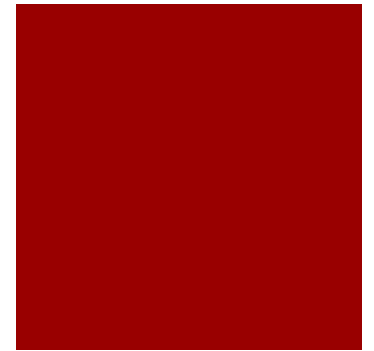


# Sleep Logs



month	weekend	avg
November 2011	Mon-Fri	07:50
November 2011	Sat-Sun	09:24
December 2011	Mon-Fri	07:06
December 2011	Sat-Sun	07:35
January 2012	Mon-Fri	06:57
January 2012	Sat-Sun	08:29
February 2012	Mon-Fri	07:43
February 2012	Sat-Sun	06:32
March 2012	Mon-Fri	07:29
March 2012	Sat-Sun	07:51
April 2012	Mon-Fri	05:18
April 2012	Sat-Sun	07:18

# Sleep Logs



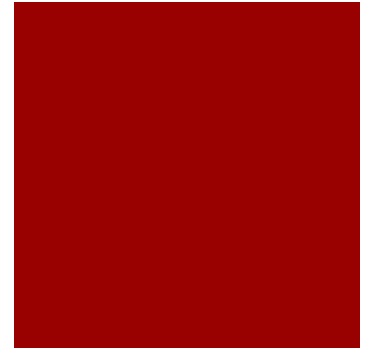
month	weekend	avg
November 2011	Mon-Fri	07:50
November 2011	Sat-Sun	09:24
December 2011	Mon-Fri	07:06
December 2011	Sat-Sun	07:35
January 2012	Mon-Fri	06:57
January 2012	Sat-Sun	08:29
February 2012	Mon-Fri	07:43
February 2012	Sat-Sun	06:32
March 2012	Mon-Fri	07:29
March 2012	Sat-Sun	07:51
April 2012	Mon-Fri	05:18
April 2012	Sat-Sun	07:18



# Weight

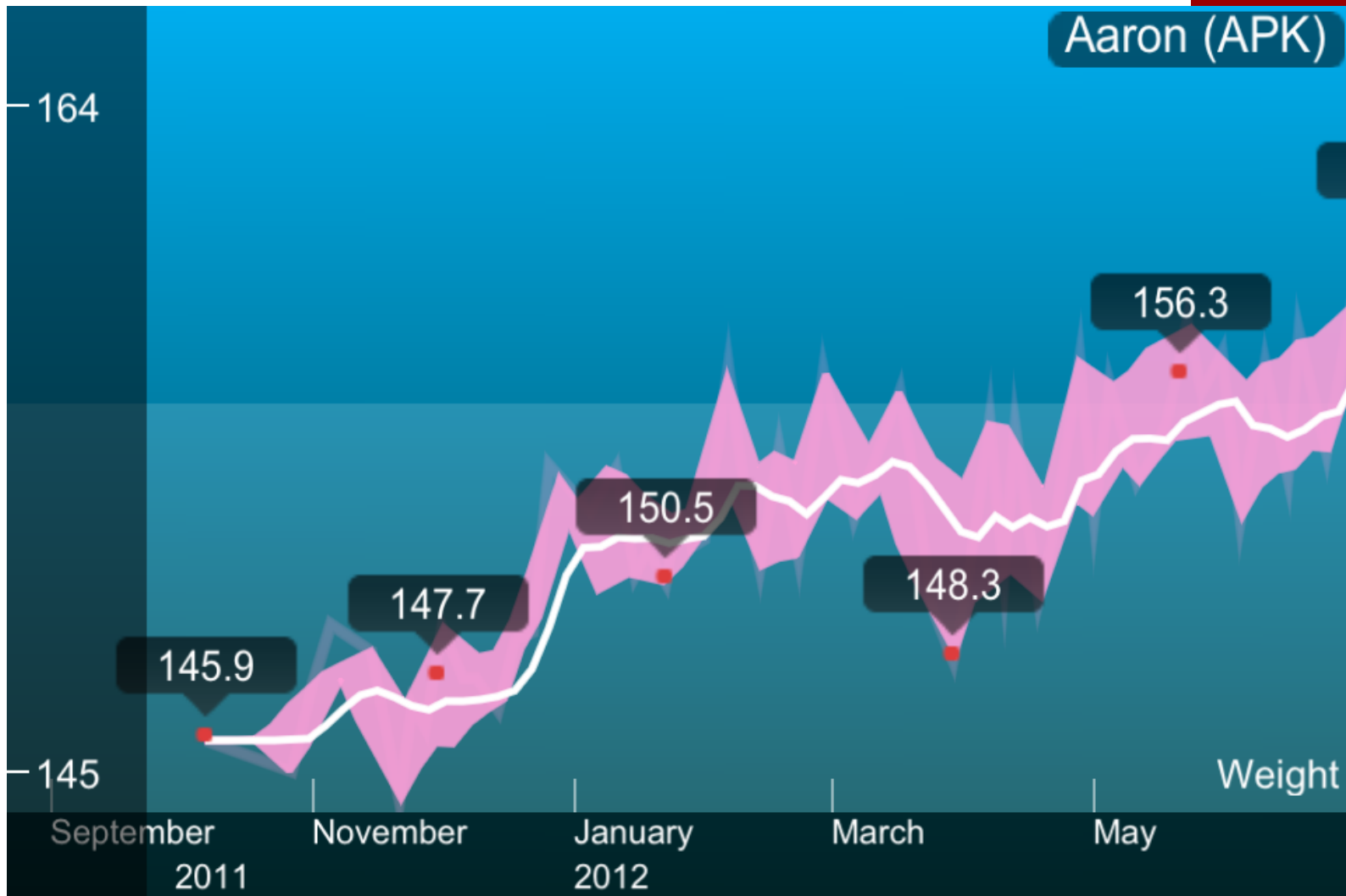
Oct 2011 - Present

# Withings Wireless Scale





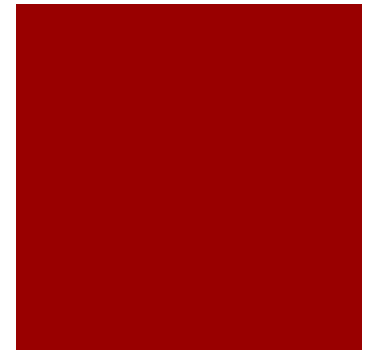
# Withings Wireless Scale



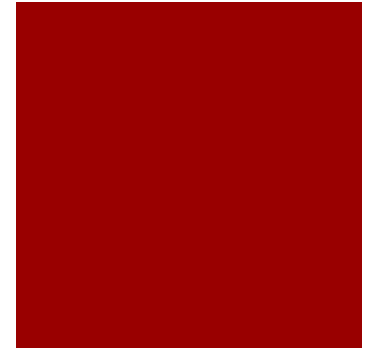


# Things I Want to Track

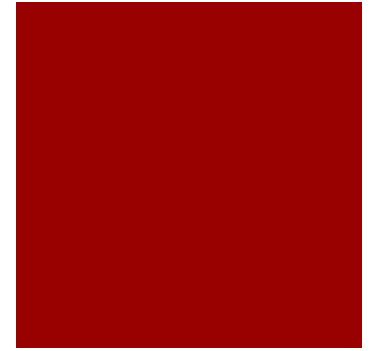
But have not yet been able to  
for various reasons



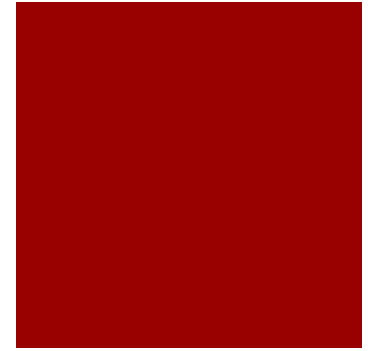
# Food and drink I consume



# Stress level



What people I am with at  
any given time



Who I've communicated  
with each day





General noise level  
around me at all times



# Ambient sound recordings with transcriptions



# Ambient photo/video recording



# Low Friction is Key

If I can't use it, then probably  
nobody else will either



# Thanks

Aaron Parecki

@aaronpk

[aaronparecki.com](http://aaronparecki.com)