

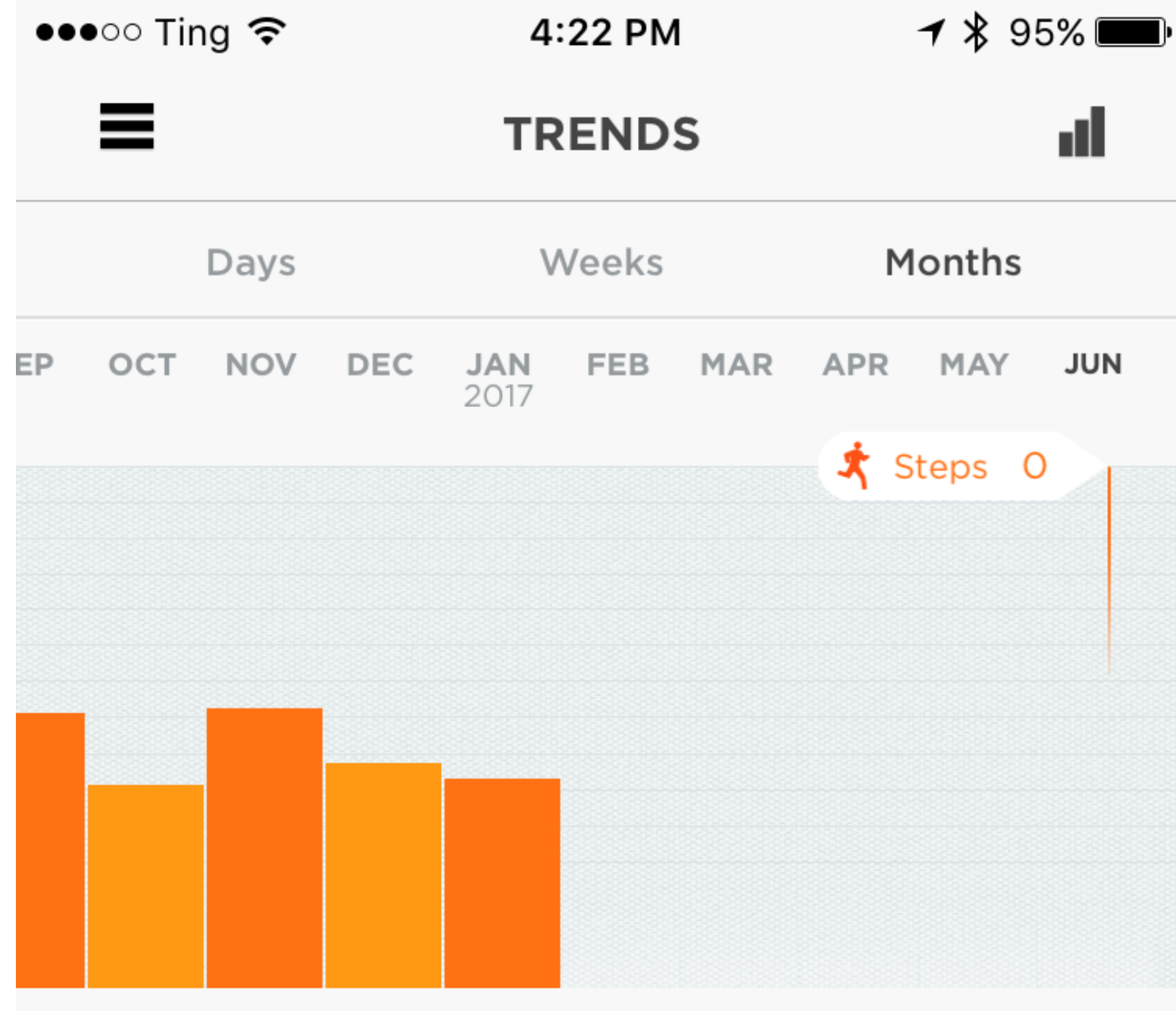
Owning My Quantified Self Data

Aaron Parecki

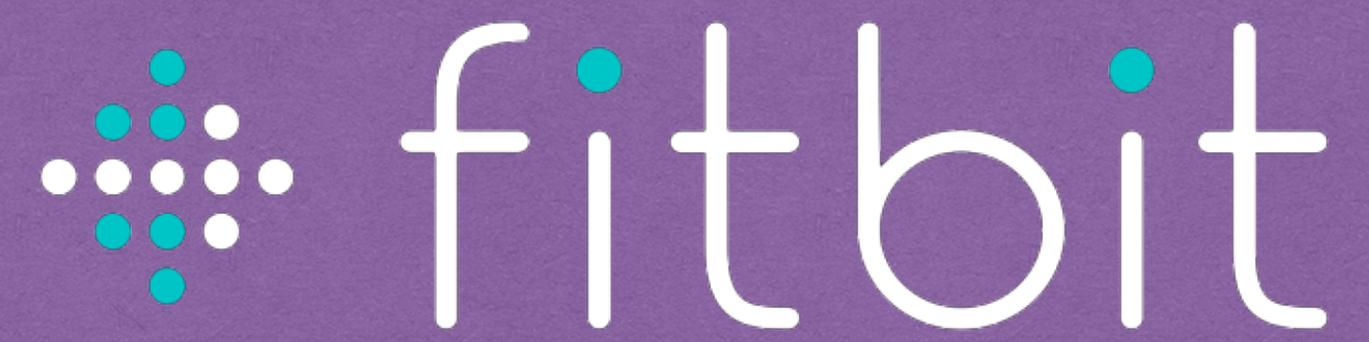
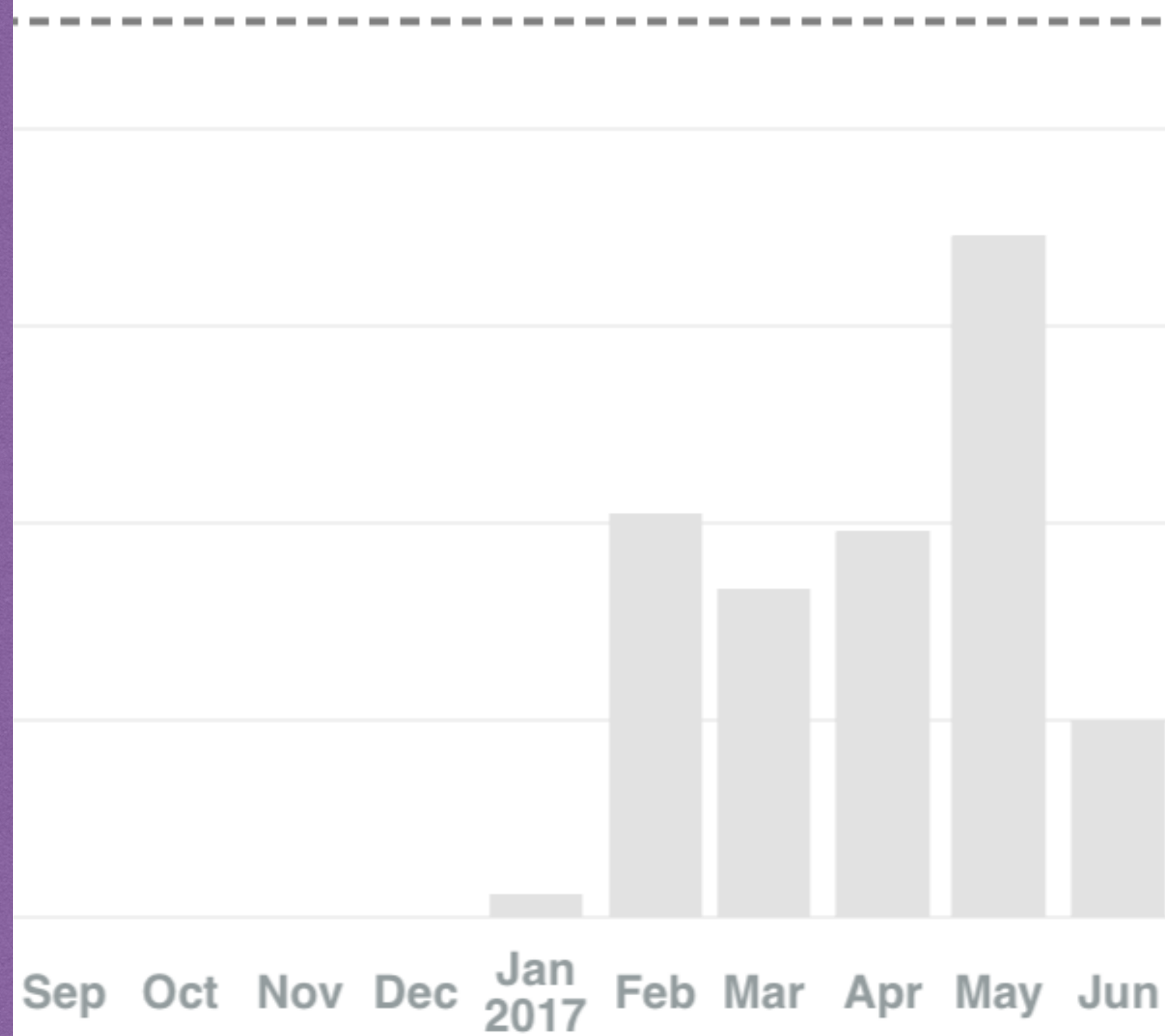
aaronpk.com

@aaronpk





JAWBONE UP



Fitbit, why can't I have my data?

 Jeff Leek  2013/01/02


 [Fitbit](#) / [open data](#) / [quantified self](#)


I have a [Fitbit](#). I got it because I wanted to collect some data about myself and I liked the simplicity of the set-up. I also asked around and Fitbit seemed like the most “open” platform for collecting one’s own data. You have to pay \$50 for a premium account, but after that, they allow you to download your data.


Or do they?


I looked into the details, asked a buddy or two, and found out that you actually can’t get the really interesting minute-by-minute data even with a premium account. You only get the daily summarized totals for steps/calories/stairs climbed. While this data is of some value, the minute-by-minute data are oh so much more interesting. I’d like to use it for personal interest, for teaching, for research, and for sharing interesting new ideas back to other Fitbit developers.


Since I’m not easily dissuaded, I tried another route. I created an application that accessed the [Fitbit API](#). After fiddling around a bit with a few R packages, I was able to download my daily totals. But again, no minute-by-minute data. I looked into it and only [I have a [Fitbit](#). I got it because I wanted to collect some data about myself and I liked the simplicity of the set-up. I also asked around and Fitbit seemed like the most “open” platform for collecting one’s own data. You have to pay \$50 for a premium account, but after that, they allow you to download your data.


 Home


 About

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 Contributing

 Twitter

 GitHub

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Built with [blogdown](#) and [Hugo](#). Theme [Blackburn](#).

Bodymedia closing!

■ Quantified Self ■ Apps & Tools



zane5546 Zane

Dec '15

I woke up this morning and saw this message went I went to sync my bodymedia device:

On Jan 31, 2016 support for BodyMedia FIT mobile and web applications will officially come to an end. This page is designed to help BodyMedia customers understand the impact of those changes. We'd like to thank our customers for their loyalty throughout the years.

BodyMedia FIT service is going away beginning at 11:59 pm ET Jan 31. You will no longer be able to access BodyMedia FIT on mobile or web, and a few BodyMedia FIT armband will stop working.

While I can't say it's totally unexpected as bodymedia has not sold senseless devices, I am disappointed. Because the bodymedia used four different sensors, I always preferred them to other fitness trackers that just relied on accelerometers. Plus, I used the web application and it provided an easy way to look at my intake vs. output. I'm really disappointed.

Anyone have any thoughts as to what would be the next best alternative? Maybe the Apple Watch or Basis Peak since they also track HR instead of just steps.



It is because of the close collaboration with the FITbit team that the Pebble user experience

Pebble functionality and service may be reduced in the future.

collectively work to ensure the transition for Pebble's customers.

For nearly ten years, FITbit has been the pioneer and leader in creating innovative health and fitness focused devices and experiences that help people reach their wellness goals. They differentiated themselves from the competition with broad, cross platform compatibility, a range of price points, long battery life, and a focus on design so that devices can integrate seamlessly into our lives. These are all values we championed at Pebble, so aligning with FITbit felt natural. The arrangements were finalized today for FITbit to acquire our technology, software, and other intellectual property (IP). FITbit will share more about their plans in the

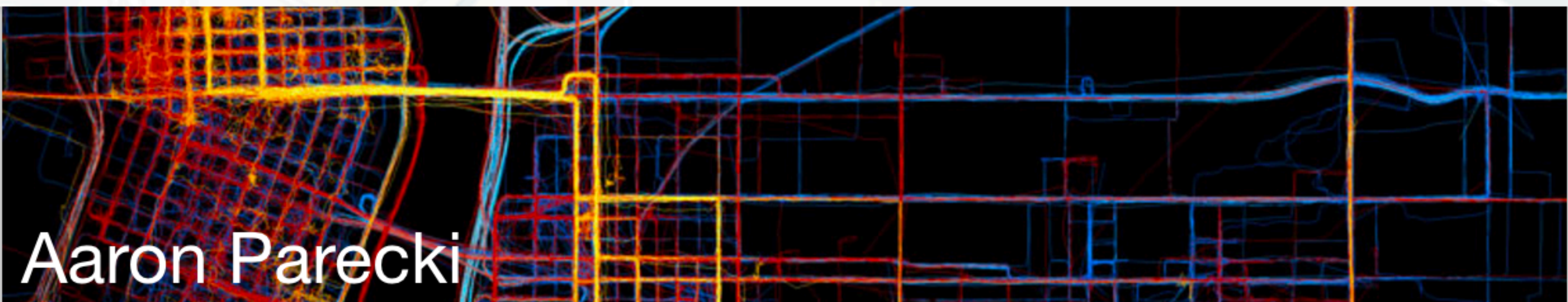


Withings

**JAWBONE
UP**



last.fm



Aaron Parecki

Hi, I'm Aaron, co-founder of [IndieWebCamp](#). I maintain [oauth.net](#), write and consult about [OAuth](#), and am the editor of the W3C [Webmention](#) and [Micropub](#) specifications, and co-editor of [WebSub](#).

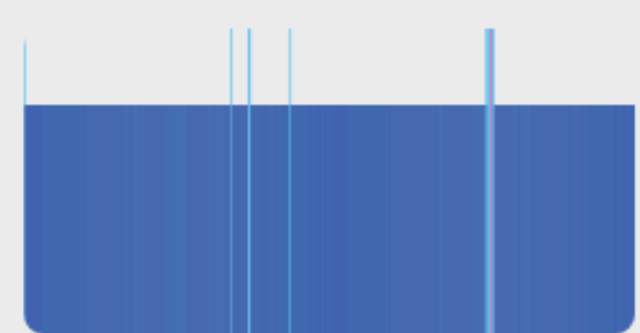


I wrote [100 songs in 100 days!](#) I've been [tracking my location](#) since 2008, and write down everything I [eat](#) and [drink](#). I've [spoken](#) at conferences around the world about [owning your data](#), [OAuth](#), [quantified self](#), and explained [why R is a vowel](#).

- IndieWebCamp Founder
- W3C Editor
- W7APK

These are a few of my favorite things.

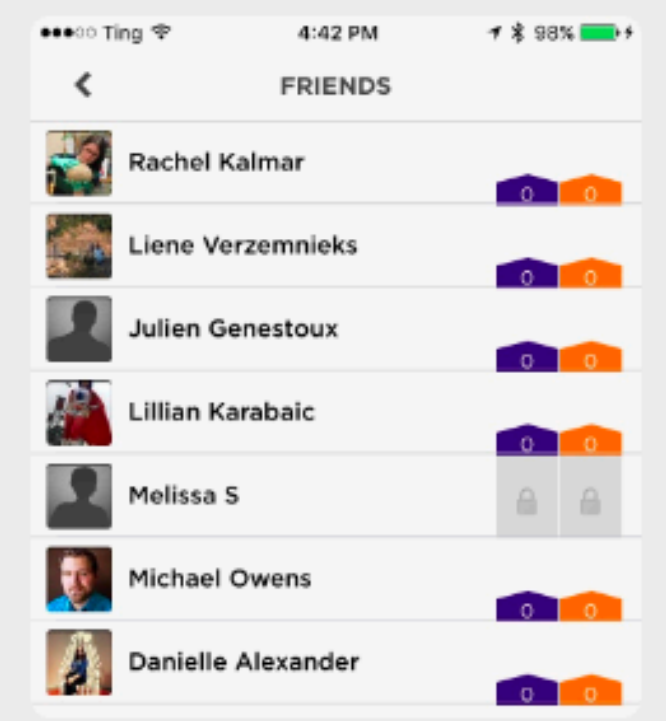
- 322 Articles
- 2741 Bookmarks
- 342 Checkins
- 2745 Notes
- 1276 Photos
- 2462 Rides



Slept 8h 02m
10:19pm - 6:21am



Checked in at
Tails & Trotters
3:57pm



Quantified Self 2017



9:00am - 5:00pm (+0200)




MICROPUBLIC ROCKS!

<https://micropub.rocks>

Checkins

📍 Düsseldorf, Nordrhein-Westfalen
👤 10 Coins
Sun, May 14, 2017 7:18pm +02:00 🌐

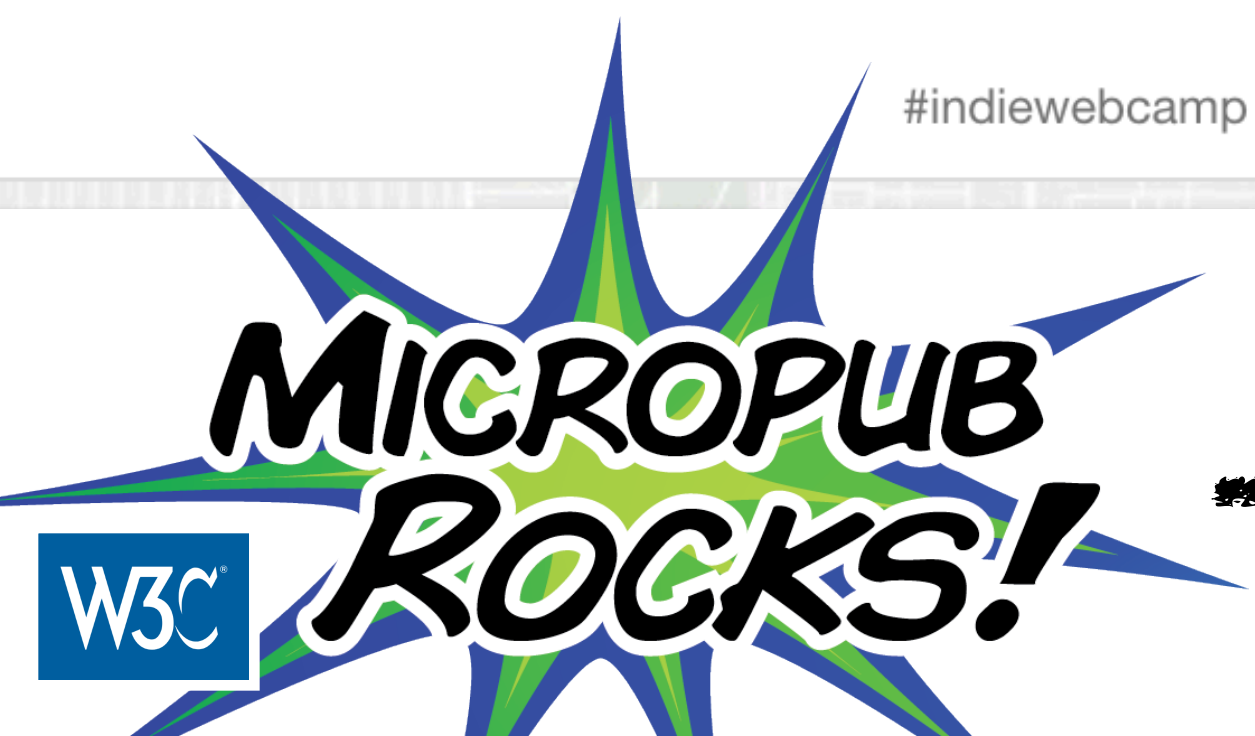
 at [sipgate GmbH](#)
Dusseldorf, North Rhine-Westphalia, Germany • Sun, May 14, 2017 9:17am
[#indiewebcamp](#) day 2!



📍 Düsseldorf, Nordrhein-Westfalen
👤 10 Coins
Sun, May 14, 2017 9:17am +02:00 🌐 [#indiewebcamp](#)



OwnYourSwarm



aaronpk.com

Weight

Portland, Oregon
Thu, May 25, 2017 6:49pm -07:00



148.0lbs
Weight

15.6%
Body Fat

Portland, Oregon

Wed, Mar 29, 2017 11:20pm -07:00



149.0lbs
Weight

17.1%
Body Fat

Portland, Oregon

Sat, Mar 11, 2017 6:54am -08:00



148.1lbs
Weight

16.1%
Body Fat

Portland, Oregon

Thu, Feb 23, 2017 3:13pm -08:00



146.1lbs
Weight

15.5%
Body Fat

Portland, Oregon

Mon, Feb 6, 2017 6:06pm -08:00

Withings



W3C

**MICROPUB
ROCKS!**



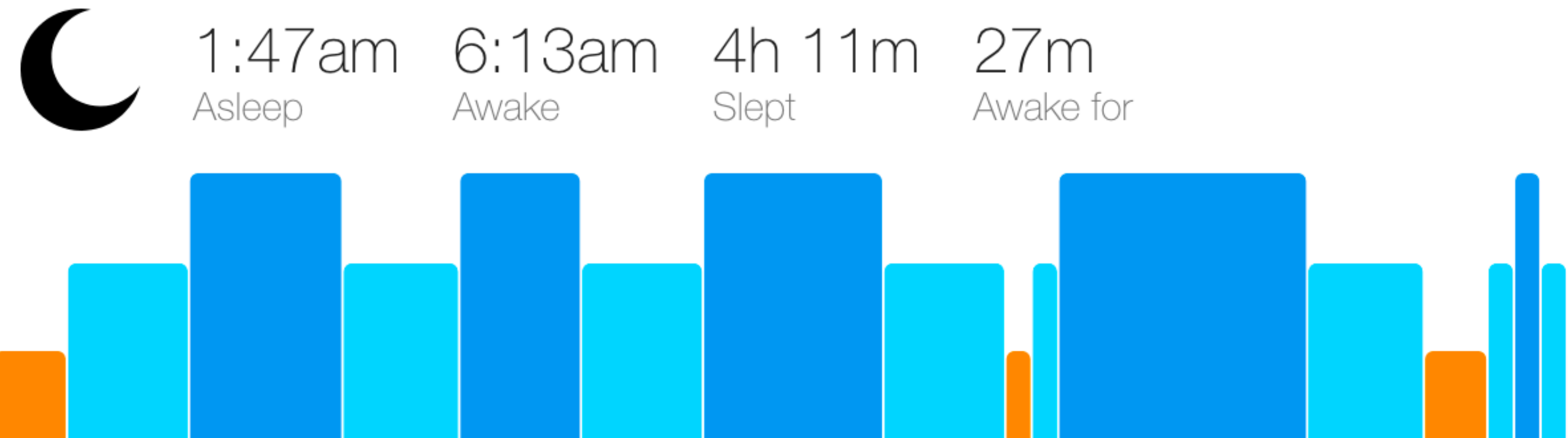
aaronpk.com

Sleep

New York, New York, USA
Sat, May 14, 2016 8:03am -04:00 UP



New York, New York, USA
Fri, May 13, 2016 8:06am -04:00 UP



Düsseldorf, Nordrhein-Westfalen, DEU
Thu, May 12, 2016 6:13am +02:00 UP

JAWBONE
UP



Some Code



aaronpk.com

Sleep

Nürnberg, Bayern, DEU

Fri, May 19, 2017 7:05am +02:00

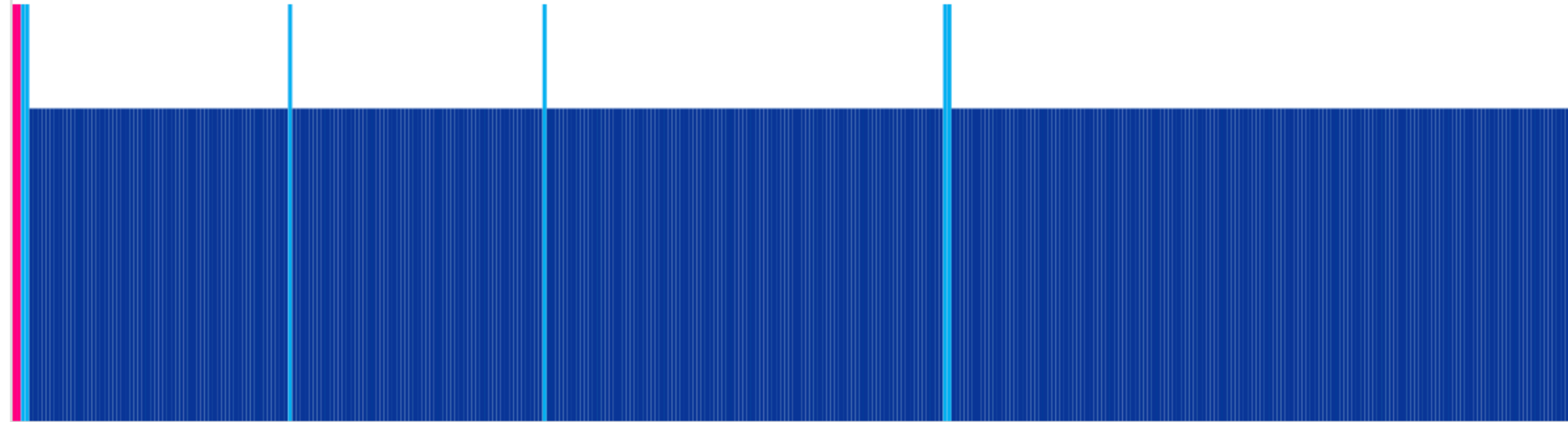


11:52pm
Asleep

6:08am
Awake

6h 16m
Slept

08m
Awake for



Nürnberg, Bayern, DEU

Thu, May 18, 2017 6:08am +02:00



12:28am
Asleep

6:46am
Awake

6h 18m
Slept

20m
Awake for



fitbit



Some Code



W3C

**MICROPUB
ROCKS!**



aaronpk.com

Thu, May 25, 2017 6:53pm -07:00

Bike Rides



Ride

4.12mi

Distance

31:20

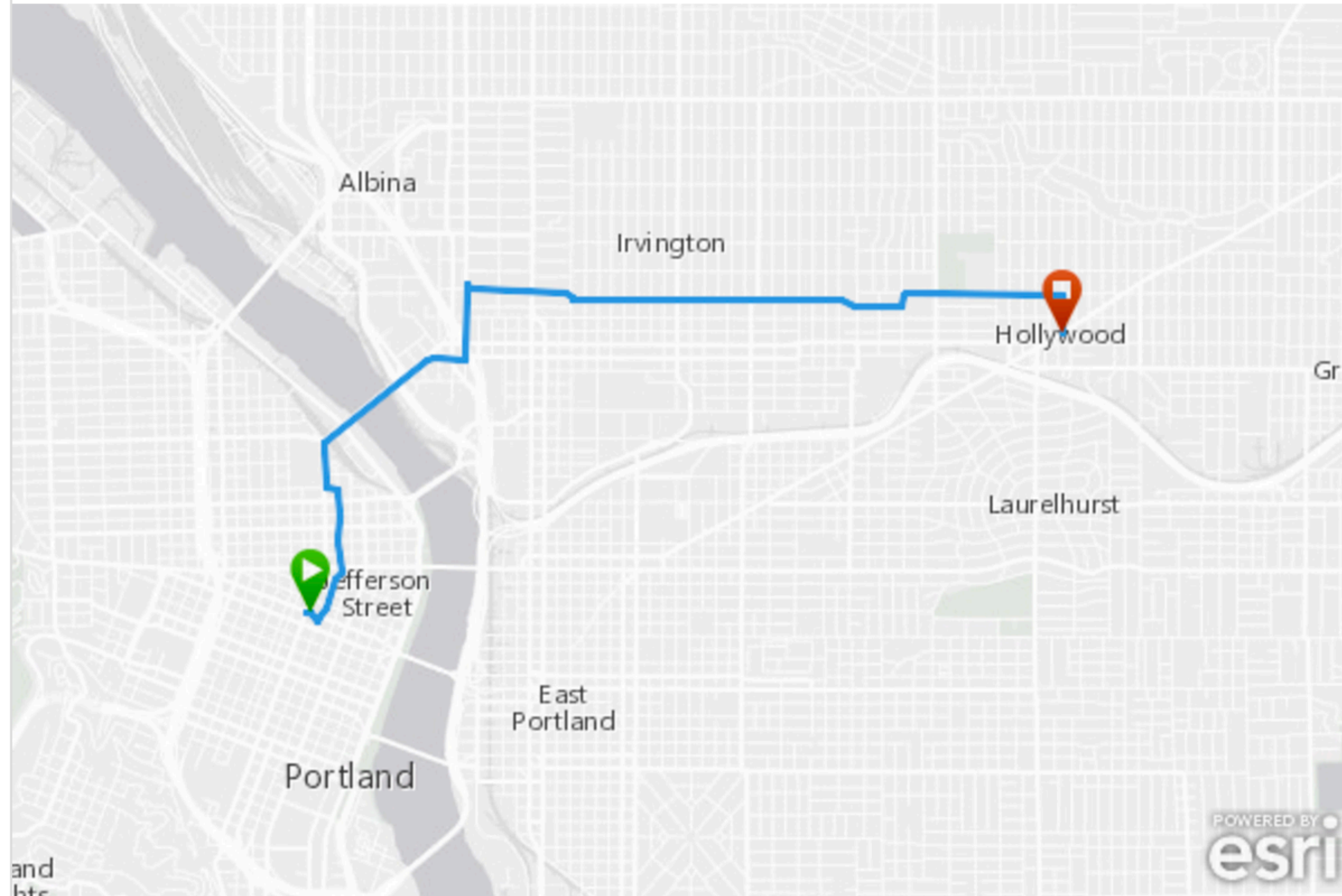
Duration

7:26pm

Start

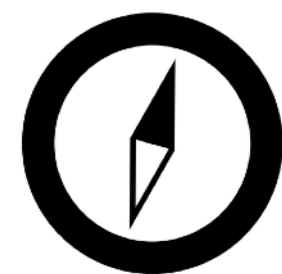
7:57pm

End



Portland, Oregon

Wed, May 24, 2017 7:57pm -07:00



Compass



W3C

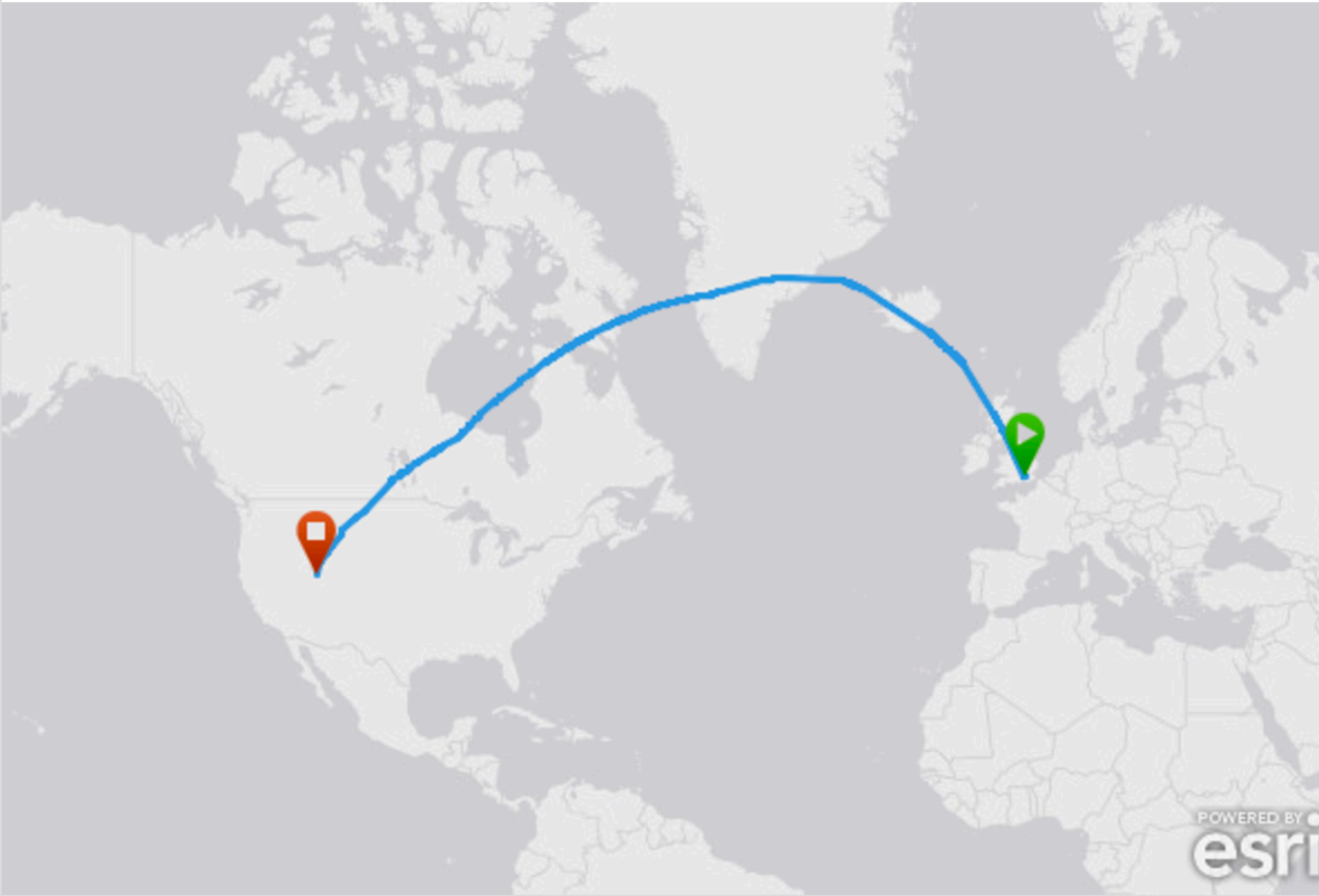
**MICROPUB
ROCKS!**



aaronpk.com

Flights

✈	5244.17mi	655:02	1:17pm	5:15pm
Plane	Distance	Duration	Start	End



Map showing flight path from Salt Lake City (SLC) to London (LHR). The path is a blue line curving over the Atlantic Ocean. A red pin is at SLC and a green pin is at LHR. The map is powered by Esri.

📍 Lanark, Lanarkshire
Tue, Sep 27, 2016 12:15am +01:00

London (LHR) to Salt Lake City (SLC)



Some Code



**MICROPUB
ROCKS!**



aaronpk.com

Wed, May 24, 2017 12:20pm -07:00

Food



Ginger Carrot Soup



Portland, Oregon, USA

Wed, May 24, 2017 12:19pm -07:00



W3C

**MICROPUB
ROCKS!**



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Drink



Coffee

📍 Nürnberg, Bayern, DEU

Sun, May 21, 2017 7:50am +02:00



Negroni



W3C

**MICROPUB
ROCKS!**



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Tweets

PDX ✈️ Reykjavik ✈️ Amsterdam!

📍 Portland, Oregon, USA

Thu, Jun 15, 2017 4:30pm -07:00

#travel

Last Homebrew Website Club before IndieWeb Summit!

indieweb.org/events/2017-06-07-homebrew-website-club Come enjoy pizza and drinks and talk about the #indieweb! 🍕 🍷 🎉

📍 Portland, Oregon

☆ 1 like

Wed, Jun 7, 2017 10:16am -07:00

#indieweb #hwcpdx

Just posted all of yesterday's #dotnetfringe videos! 🎥 🎉

www.youtube.com/playlist?list=PLwZVRWVJepJtK6UZD-m2VLU2k2V-O5OrG

📍 Portland, Oregon

☆ 4 likes 🔄 2 reposts

Tue, Jun 6, 2017 8:33am -07:00

#dotnetfringe

Last night I went to bed when it was still light out and woke up when it was already light out.

📍 Portland, Oregon, USA

☆ 8 likes 💬 5 replies

Mon, Jun 5, 2017 9:05am -07:00



**MICROPUB
ROCKS!**

aaronpk.com



Portland, Oregon, USA

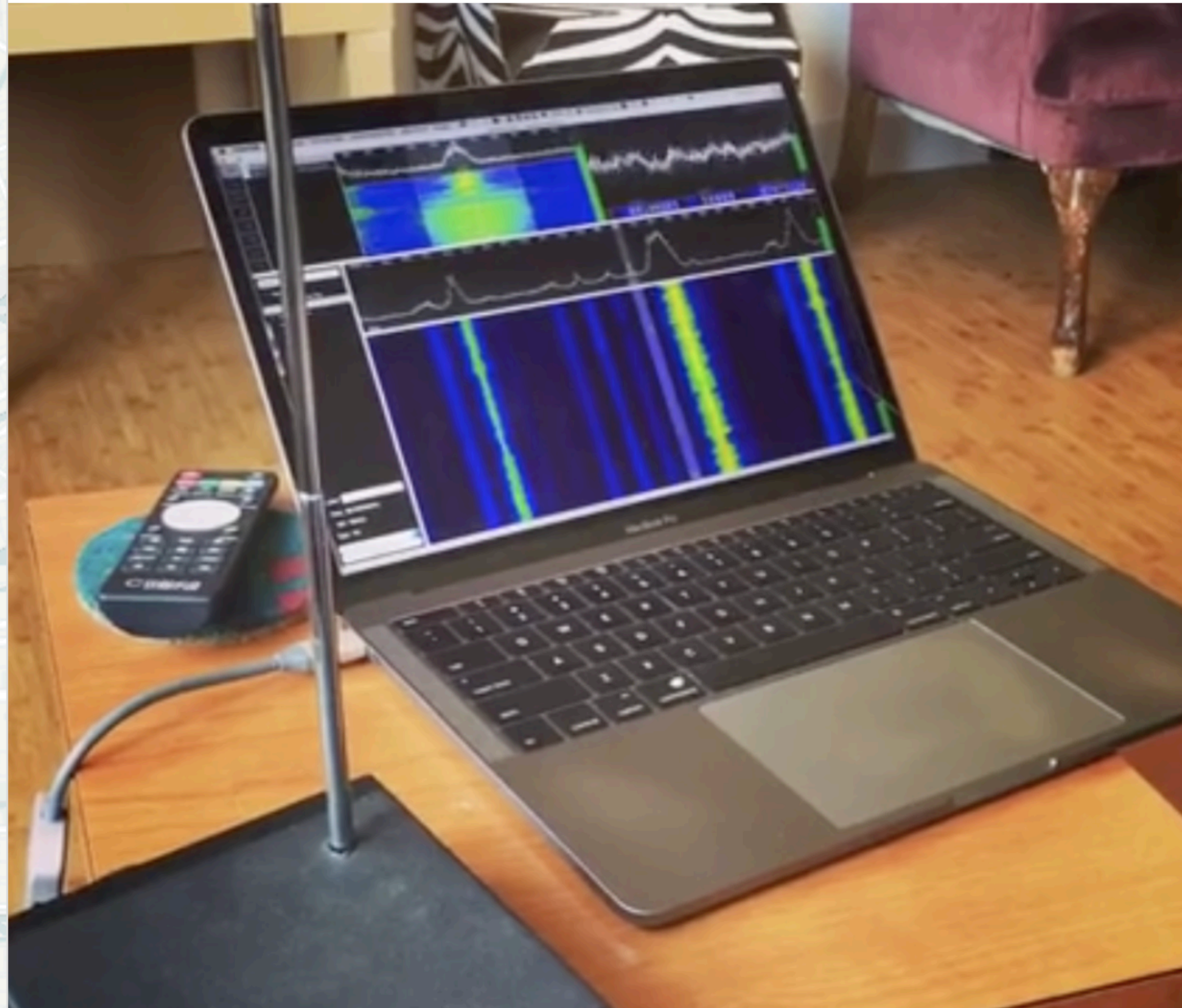
1 reply

Wed, Jun 14, 2017 4:51pm -07:00

#qs #qs17

Photos

Do I know anyone who has an extra battery-powered FM radio? We need a couple for a project, and I don't seem to have any anymore.



Portland, Oregon

7 likes 2 replies 1 mention

Tue, Jun 6, 2017 6:33pm -07:00

#dotnetfringe #backpedalTV

Love these last minute hand drawn slides for this lightning talk [#lowtech](#) [#dotnetfringe](#)



Portland, Oregon

14 likes 4 reposts 1 reply

Tue, Jun 6, 2017 3:21pm -07:00

#lowtech #dotnetfringe #backpedalTV



OwnYourGram



W3C

MICROPUB ROCKS!



aaronpk.com

aaronpk.com/2017/05/13

Aaron Parecki
Articles Notes Projects

Saturday, May 13, 2017

at Nh Hotel City Restaurant
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 7:20am

Cobbling together breakfast tacos

Düsseldorf, Nordrhein-Westfalen
1 like 2 replies 15 Coins
Sat, May 13, 2017 7:20am +02:00

Egg and Cheese Crepe

Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 7:21am +02:00

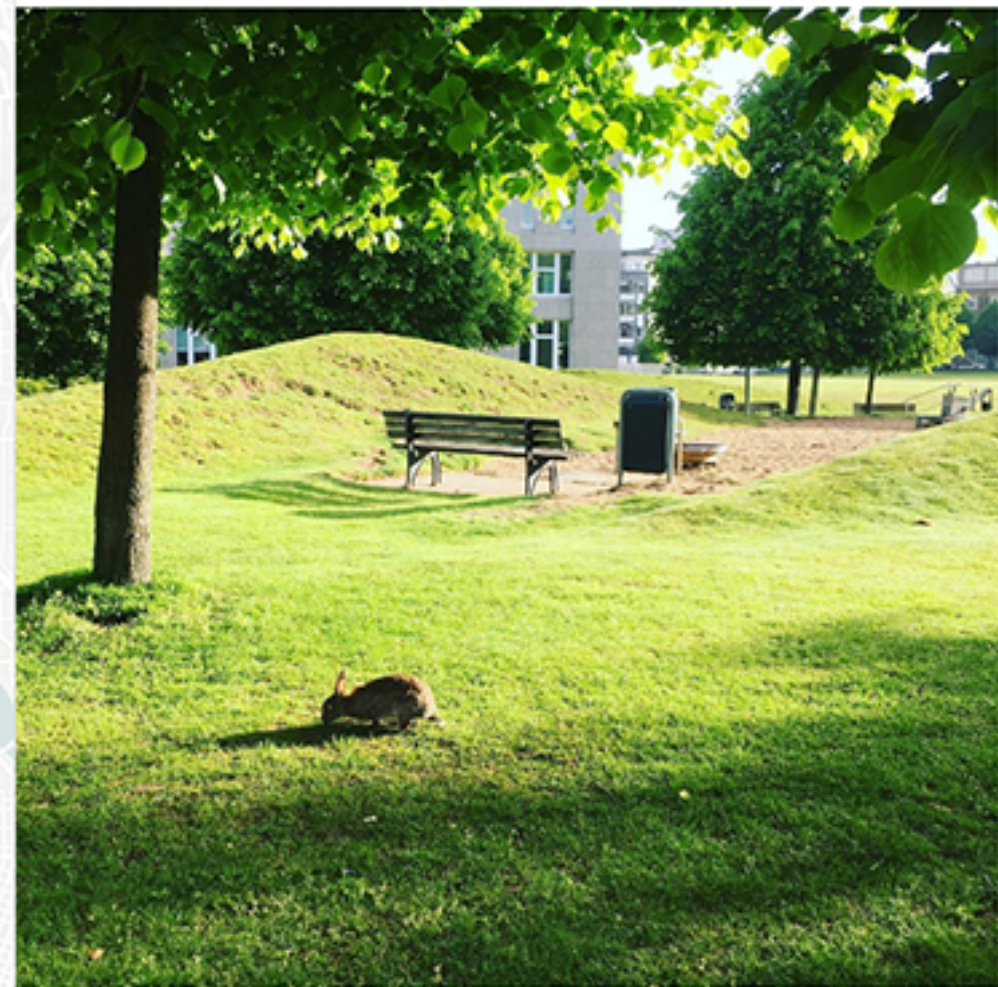
Yogurt with Corn Flakes

Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 7:29am +02:00

Croissant

Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 7:38am +02:00

Good morning Düsseldorf!



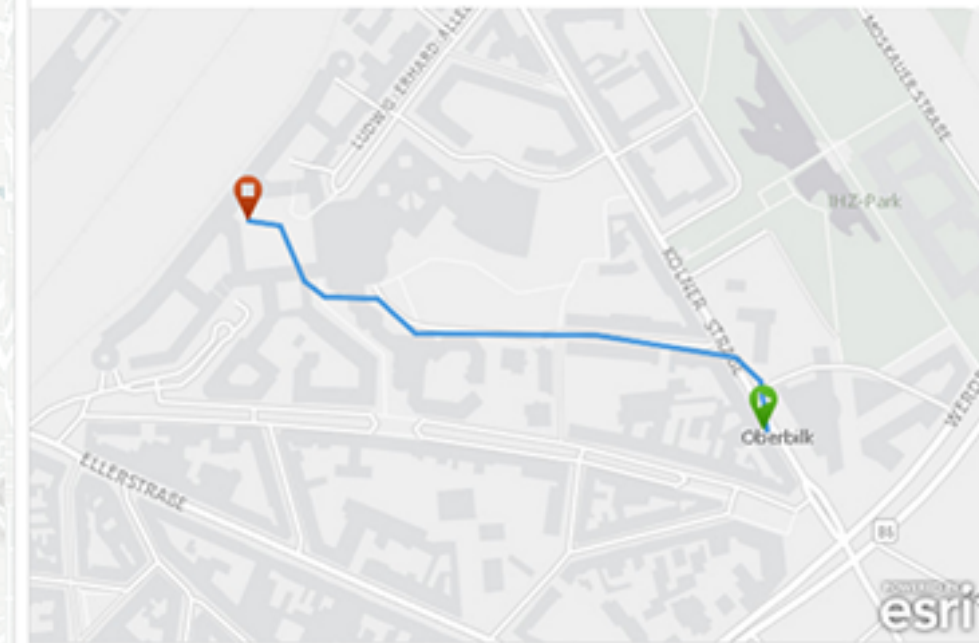
Düsseldorf Hauptbahnhof in Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 7:52am +02:00

at Düsseldorf Hauptbahnhof
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 7:54am



Sat, May 13, 2017 7:54am +02:00

0.37mi 7:43 7:47am 7:55am
Walk Distance Duration Start End



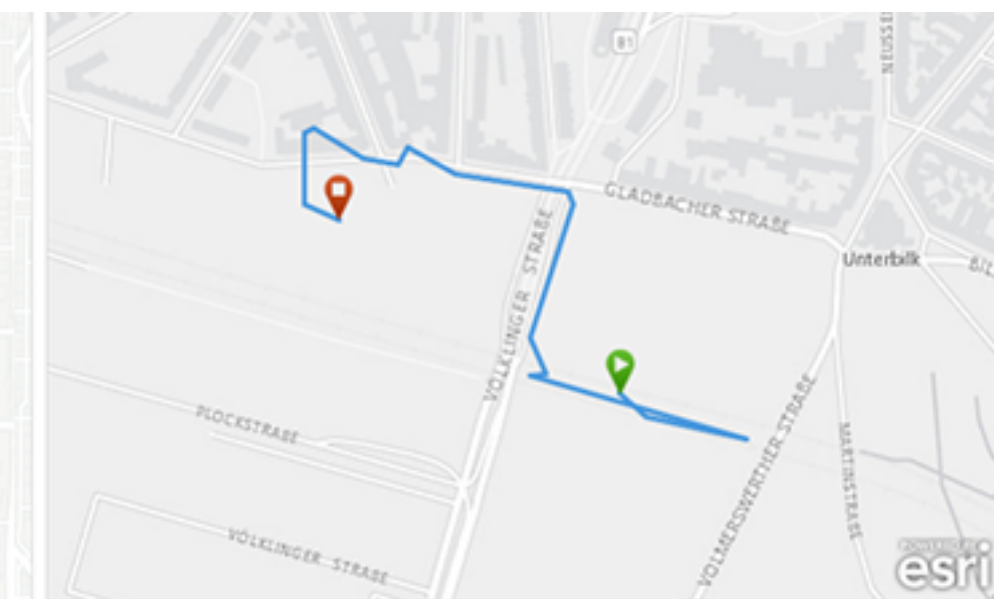
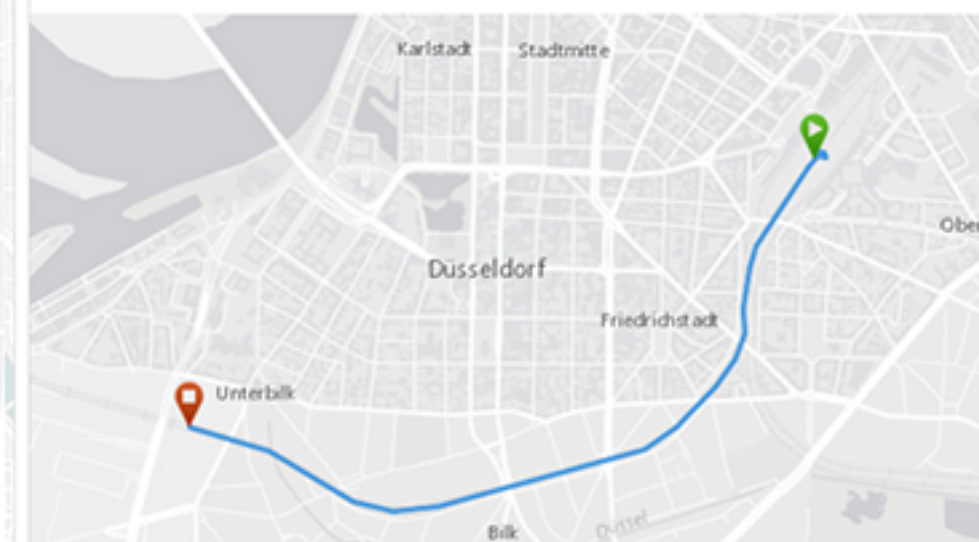
Düsseldorf, Nordrhein-Westfalen
Sat, May 13, 2017 7:55am +02:00

at Platform 11/12
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 8:08am



Düsseldorf, Nordrhein-Westfalen
29 Coins
Sat, May 13, 2017 8:08am +02:00

2.02mi 7:08 8:06am 8:13am
Train Distance Duration Start End



Düsseldorf, Nordrhein-Westfalen
Sat, May 13, 2017 8:24am +02:00

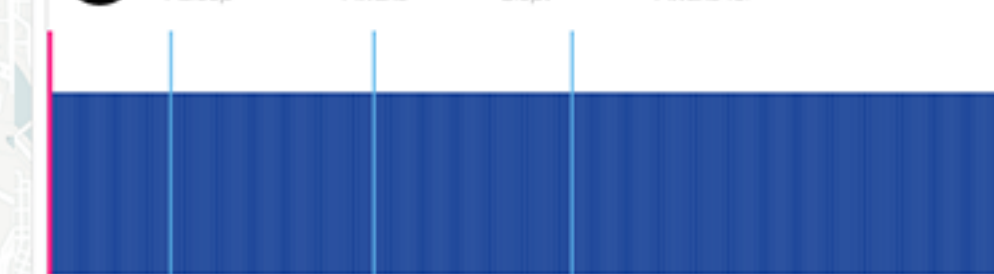
at siggate GmbH
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 8:28am

Setting up for #indiewebcamp!



Düsseldorf, Nordrhein-Westfalen
1 like 17 Coins
Sat, May 13, 2017 8:28am +02:00

12:14am 6:44am 6h 30m 05m
Asleep Awake Slept Awake for



Sat, May 13, 2017 8:44am +02:00

Cappuccino

Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 9:11am +02:00

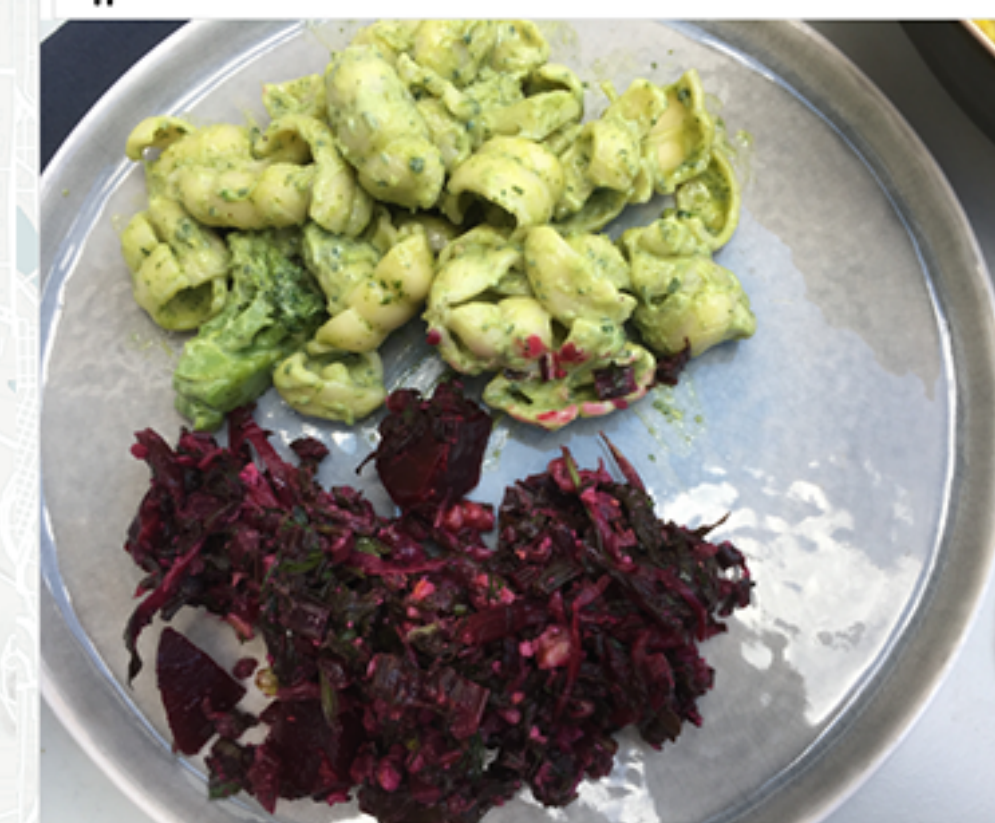
Cappuccino

Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 9:42am +02:00



Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 11:29am +02:00

Pasta Salad with Pesto



Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 1:19pm +02:00

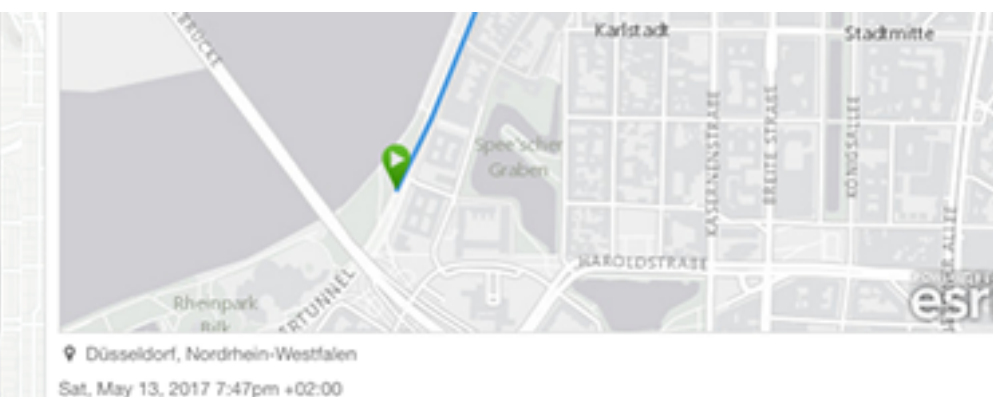
Lentil Soup

Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 1:23pm +02:00

May 13
The first pass at improving discovery using a [directory pulled from webmentions](#) is live. It is using a custom WP page template which needs a bit of "prettifying up" but it works.

This is great! Now I want to do something like this on my site too!

Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 2:16pm +02:00



Düsseldorf, Nordrhein-Westfalen
Sat, May 13, 2017 7:47pm +02:00

at Hausbrauerei "Zum Schlüssel"
Düsseldorf, North Rhine-Westphalia, Germany • Sat, May 13, 2017 7:54pm

Düsseldorf, Nordrhein-Westfalen
10 Coins
Sat, May 13, 2017 7:54pm +02:00

Beer

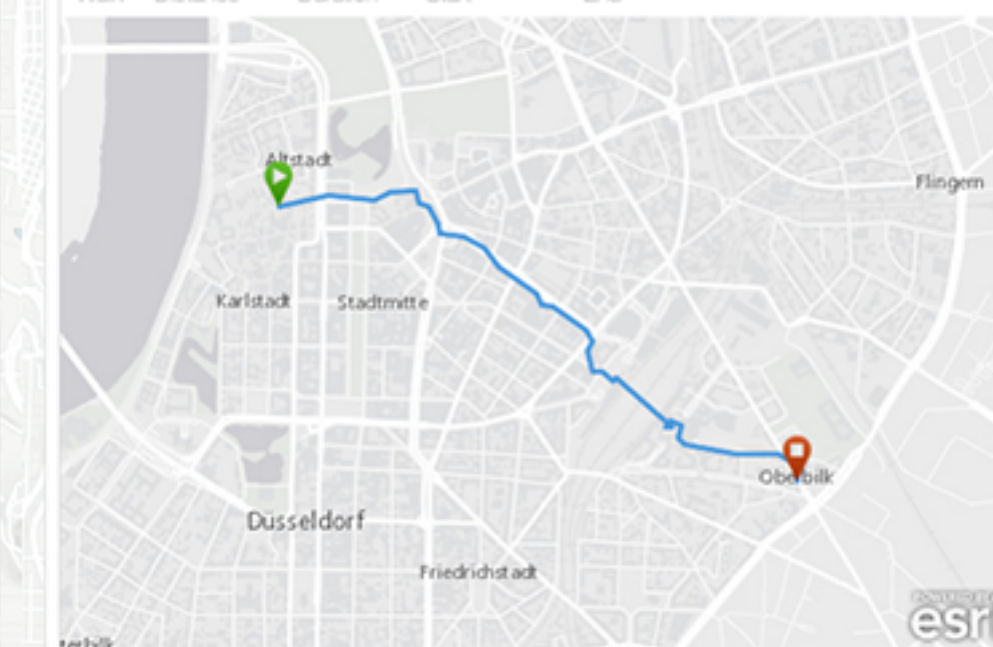


Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 7:56pm +02:00

Käse Spätzle mit Gemüse

Düsseldorf, Nordrhein-Westfalen, DEU
Sat, May 13, 2017 8:10pm +02:00

1.64mi 36:49 8:39pm 9:16pm
Walk Distance Duration Start End

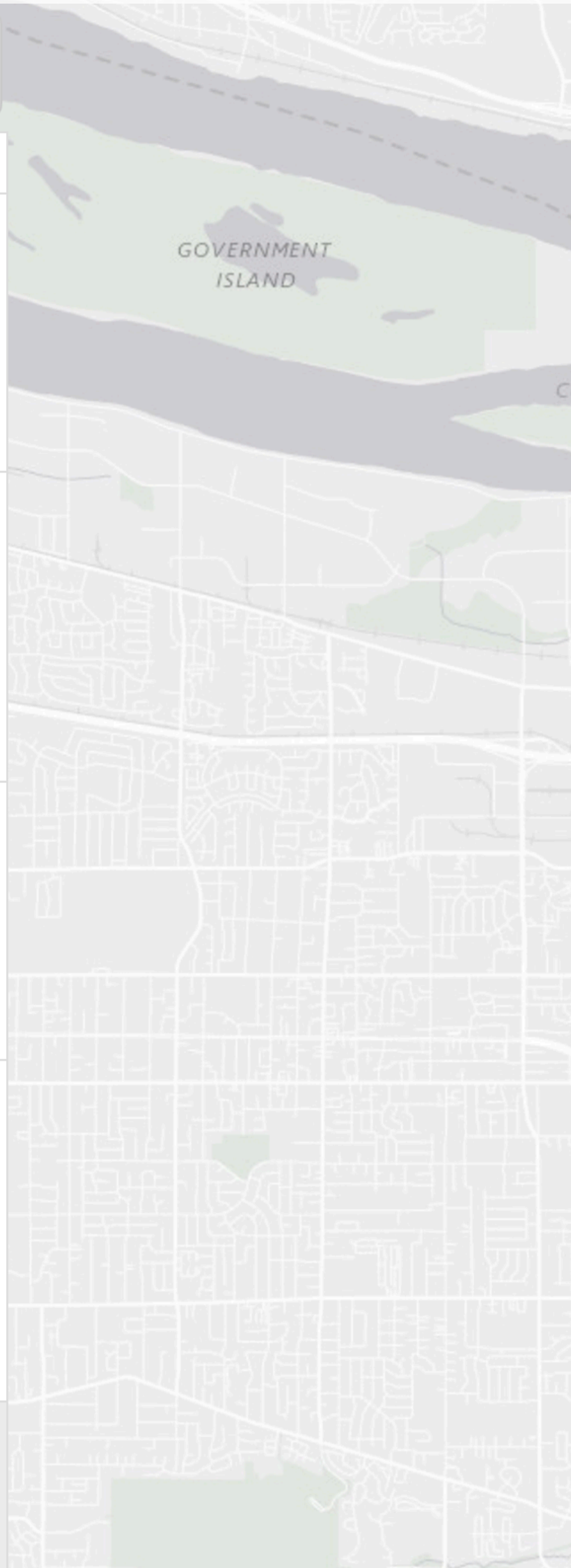


←
September

October 2014

→
November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 ☾ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ ☪ 📍 Portland, Oregon	2 ☾ ☪ 📍 Portland, Oregon	3 ☾ ☪ 📍 Portland, Oregon	4 ☾ ☪ 📍 Portland, Oregon	5 ☾ ☪ 📍 Portland, Oregon
6 ☾ ☾ ☪ 📍 Portland, Oregon	7 ☾ ☪ 📍 Portland, Oregon	8 ☾ ☪ 📍 Portland, Oregon	9 ☾ ☪ 📍 Portland, Oregon	10 ☪ 📍 Cambridge, Massachusetts	11 ☾ ☪ 📍 Cambridge, Massachusetts	12 ☾ ☪ 📍 Cambridge, Massachusetts
13 ☾ ☪ 📍 Cambridge, Massachusetts	14 ☾ ☪ 📍 Portland, Oregon	15 ☾ ☪ 📍 Portland, Oregon	16 ☾ ☪ 📍 Portland, Oregon	17 ☾ ☪ 📍 Nürnberg, Germany	18 ☪ 📍 Nürnberg, Germany	19 ☾ ☪ 📍 Nürnberg, Germany
20 ☾ ☪ 📍 Nürnberg, Germany 📍 Schiphol, NLD 📍 Portland, Oregon	21 ☾ ☪ 📍 Portland, Oregon	22 ☾ ☪ 📍 Portland, Oregon	23 ☾ ☪ 📍 Portland, Oregon	24 ☪ 📍 Portland, Oregon	25 ☾ ☪ 📍 Portland, Oregon	26 ☪ 📍 Portland, Oregon
27 ☾ ☪ 📍 Portland, Oregon	28 ☾ ☪ 📍 Portland, Oregon	29 ☾ ☪ 📍 Portland, Oregon	30 ☾ ☪ 📍 Portland, Oregon	31 ☾ ☪ 📍 Portland, Oregon		



aaronpk.com/2017

January 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

```

29 # Loop until today
30 while($date <= $today) {
31     echo $date->format('c') . "\n";
32
33     # Fetch the day's sleep data
34     $data = get_fitbit_sleep($date, $token);
35     if(isset($data['sleep']) && count($data['sleep'])) {
36         foreach($data['sleep'] as $sleep) {
37             # Check if this is already imported
38             $query = $db->prepare('SELECT * FROM sleeps WHERE fitbit_id = ?');
39             $query->bindValue(1, $sleep['logId']);
40             $query->execute();
41             if(!$query->fetch(PDO::FETCH_OBJ)) {
42                 $start = new DateTimeImmutable($sleep['startTime']);
43                 $end = $start->add(new DateInterval('PT'.round($sleep['duration']/1000).'S'));
44
45                 # Find the local time of the sleep
46                 echo "Checking for local time of ".$end->format('Y-m-d H:i:s')."\n";
47                 $local = get_local_time($end->format('Y-m-d H:i:s'));
48                 if($local && isset($local['timezone'])) {
49                     #print_r($local);
50                     $timezone = $local['timezone']['name'];
51                     $offset = $local['timezone']['seconds'];
52                     $latitude = $local['data']['geometry']['coordinates'][1];
53                     $longitude = $local['data']['geometry']['coordinates'][0];
54                     $geo = reverseGeocode($latitude, $longitude);
55                     #print_r($geo);
56                     $tz = new DateTimeZone($local['timezone']['offset']);
57                     # Re-create the start/end times in the local timezone
58                     $start = new DateTime($start->format('Y-m-d H:i:s'), $tz);
59                     $end = new DateTime($end->format('Y-m-d H:i:s'), $tz);
60                 } else {
61                     $timezone = '';
62                     $offset = 0;
63                     $latitude = null;
64                     $longitude = null;
65                     $geo = false;
66                 }
67
68                 echo "Localized start: ".$start->format('c')."\n";
69                 echo "Localized end: ".$end->format('c')."\n";
70
71                 $record = [
72                     'date' => $date->format('Y-m-d'),
73                     'local_time_started' => $start->format('H:i:s'),
74                     'local_time_finished' => $end->format('H:i:s'),
75                     'time_started' => $start->format('U'),
76                     'time_finished' => $end->format('U'),
77                     'raw' => json_encode($sleep),
78                     'timezone' => $timezone,
79                     'tz_offset' => $offset,
80                     'locality' => ($geo ? $geo->locality : ''),
81                     'region' => ($geo ? $geo->region : ''),
82                     'country' => ($geo ? $geo->country : ''),
83                     'latitude' => $latitude,
84                     'longitude' => $longitude,
85                     'created_at' => date('Y-m-d H:i:s'),
86                     'fitbit_id' => $sleep['logId'],
87                 ];
88                 insert_sleep_record($record);
89             }
90         }
91     }
92     $date->add(new DateInterval('P1D'));
93 }

```

```

59 $lastDate = $redis->get('runkeeper-last-import-date');
60 if(!$lastDate) {
61     $lastDate = '2016-01-01';
62 }
63
64 $should_continue = true;
65 $request_url = '/fitnessActivities?page=0&pageSize=50&noEarlierThan='.$lastDate.'&modifiedNoEarli
66
67 while($should_continue) {
68     echo "Fetching $request_url\n";
69     if($activities = rk_request($request_url)) {
70         if($activities->items) {
71
72             foreach($activities->items as $item) {
73                 echo "Processing activity: " . $item->uri . "\n";
74
75                 if(preg_match('/fitnessActivities\/(\d+)\/', $item->uri, $match)) {
76                     // Check if this item has already been imported
77                     $syndicated_url = $runkeeperBase.$match[1];
78                     echo "Checking for existing post: $syndicated_url\n";
79                     $ch = curl_init($original.'?url='.urlencode($syndicated_url));
80                     curl_setopt($ch, CURLOPT_RETURNTRANSFER, true);
81                     curl_setopt($ch, CURLOPT_FOLLOWLOCATION, false);
82                     $response = curl_exec($ch);
83                     $code = curl_getinfo($ch, CURLINFO_HTTP_CODE);
84                     if($code == 301 || $code == 302) {
85                         echo "Skipping because it's already been imported\n\n";
86                     } else {
87                         echo "$code Importing activity: " . $item->uri . "\n";
88                         $date = process_rk_item($item);
89                         $redis->set('runkeeper-last-import-date', $date);
90                     }
91                 } else {
92                     echo "Encountered an unknown activity\n\n";
93                 }
94             }
95             if(property_exists($activities, 'next') && $activities->next) {
96                 $request_url = $activities->next;
97                 echo "Continuing...\n\n";
98             } else {
99                 $should_continue = false;
100                 echo "Stopping because no 'next' URL was found for: $request_url\n\n";
101             }
102         } else {
103             $should_continue = false;
104             echo "Stopping because no items found in this request: $request_url\n\n";
105         }
106     } else {
107         $should_continue = false;
108         echo "Stopping because request failed: $request_url\n\n";
109     }
110 }
111
112
113 echo "Done\n";
114

```

	A	C	CB	CC	CD	CE	CF	CG	CH	CI	CJ	CK	CL	CM	CN	CO	CP	CQ	CR	CS	CT	CU	CV	CW	CX	CY	CZ	DA	DB	DC	DD	DE		
2	Dashboard of My life		Date:	3/13/2016	3/14/2016	3/15/2016	3/16/2016	3/17/2016	3/18/2016	3/19/2016	3/20/2016	3/21/2016	3/22/2016	3/23/2016	3/24/2016	3/25/2016	3/26/2016	3/27/2016	3/28/2016	3/29/2016	3/30/2016	3/31/2016	4/1/2016	4/2/2016	4/3/2016	4/4/2016	4/5/2016	4/6/2016	4/7/2016	4/8/2016	4/9/2016	4/10/2016	4/11/2016	
4		Weekday:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday		
7	Location		Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Asheville, USA	Asheville, USA	Asheville, USA	Asheville, USA	King, NC	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Durham, USA	Beijing, China	Beijing, China	Beijing, China	Pyongyang, North Korea	Pyongyang, North Korea	Pyongyang, North Korea	Pyongyang, North Korea		
8	Steps	10,000	21,852	8,299	7,226	11,289	16,143	12,167	11,077	37,406	17,435	6,375	11,595	7,242	18,914	23,735	8,254	20,672	6,075	10,154	6,383	6,865	11,510	6,406	9,083	19,701	22,659	25,201	22,045	44,975	24,695	11,583		
9	Hours Sleep	7.25	8.3	8.1	7.1	5.4	4.0	7.1	6.8	7.9	4.9	3.9	3.4	7.5	8.2	8.5	7.2	4.4	6.9	4.6	5.3	6.8	3.3	7.5	2.4	3.7	2.8	3.2	7.3	6.2	3.9	5.1		
10	Miles Ran	0.5						4.5		21.0																			3.5	26.5				
11	Half Marathons Ran									1																				2				
12	HIIT		1	1	1	1	1	1	1	1	1	1	1	1				1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
13	Gym																																	
14	Yoga			1	1	1	1	1			1	1		1					1	1	1	1												
15	Pushups		20	40	40	40	40				40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40	40
16	Meditation	20	30	40	45	20	30	20	20	20	40	40	20	30	260	260	120	20	35	20	20	20	20	20	20	20	20	20	20	20	20	20	20	
18	Blinks listened to		1		1			1		4		1	1	2			1		1															
19	Pages Read		20		50			10		40		40	50	100			50								30									
20	Toastmasters Attended																																	
22	Pomodores																																	
23	Rescue Time	50	48	60	54	50	50	42	24	24	53	58	51	79	50	50	8	47	50	47	67	38	31	30	65	70	51	50	50	50	50	50	50	
25	Calories consumed	2,250	1,846	2,056	2,037	1,818	1,896	2,611	2,721	2,886	1,953	1,958	2,065	2,197	1,895	2,212	4,255	1,612	1,971	2,489	1,882	2,419	2,816	2,793	2,850	1,060	2,962	3,757	4,129	2,637	4,097	2,214		
26	Meat	1.0											1	1			2					1	1			2	2	2	3	2	2	2	2	
27	Eating out	0.5		1						1			1	1			1	1									2	2	2	3	3	3	3	
29	Alcoholic Drinks	1							1								3			2				1	3	4	4	4	5	2	2	4	2	
30	% Carbs	50%	33%	45%	35%	53%	44%	58%	52%	58%	45%	49%	44%	52%	47%	53%	51%	45%	49%	57%	46%	54%	28%	43%	51%	55%	53%	45%	51%	46%	56%	43%		
31	% Fat	15%	43%	42%	43%	30%	35%	30%	35%	34%	39%	38%	34%	36%	36%	37%	40%	44%	40%	30%	39%	35%	61%	44%	36%	32%	33%	40%	34%	36%	28%	40%		
32	% Protein	20%	24%	13%	22%	17%	21%	12%	13%	8%	16%	13%	22%	12%	17%	10%	9%	11%	11%	13%	15%	11%	10%	13%	13%	13%	14%	15%	15%	18%	16%	17%		
33	Weight	70	70.9	70.7	70.4	70.2	70.4	69.8	70.5	70.3	70.4	70.4	70.1	69.7	69.6	69.5	69.4	69.3	69.7	70.3	70.1	70.3	71.0	70.9	70.9	70.9	70.9	70.9	70.9	70.9	70.9	70.9	70.9	
34	% Fat (body)	15%	14%	14%	14%	15%	15%	13%	15%	15%	15%	14%	14%	14%	15%	15%	15%	15%	15%	14%	15%	14%	14%	15%	16%	16%	16%	16%	16%	16%	16%	16%	16%	
35	Volunteering Prison	0			1							1							1															
36	Volunteering USCRI	0											1																					
37	Do something scary													1															1	1	1			
38	Something social		1		1				1	1		1	1	1			1		1	1	1				1	1	1		1	1	1			
39	Experiment																																	

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Today
Productivity: 01:50 / 02:54
Productive time: 00:07 / 00:35 avg, 00:27 / 01:20 avg
Mood: 4 - Having a productive day, looking forward to my burrito tonight.

Steps
3.5 km / 2.9 avg, 38 min active / 48 avg, 4 floors / 12 avg
4864 / 6001
Wednesday is your most active day of the week.

Sleep
06:17 / 05:54 Asleep, 09:53 / 09:03 In bed
12:17 bed time, 10:10 awake, 23:20 avg, 08:26, 21 awakenings, 15 avg
Monday: worst sleep for 5 days, 4:51 asleep

Weather
11.6 / 20.2 °C
Mostly cloudy starting in the afternoon.

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Manage Connectors

Sync status	Connector	Last Sync	Latest Data	Renew	Remove
✓	RunKeeper	November 7, 2013 12:27:04	September 12, 2013 17:58:21	Renew	Remove
✓	Fluxstream	Never	November 7, 2013 12:26:59	Renew	Remove
✓	Twitter	November 7, 2013 12:27:00	November 6, 2013 11:58:04	Renew	Remove

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LOCKER PROJECT

About The Locker Project

A Locker is a container for personal data, which gives the owner the ability to control how it's protected and shared. It retrieves and consolidates data from multiple sources, to create a single collection of the things you see and do online: the photos you take, the places you visit, the links you share, contact details for the people you communicate with, and much more. It also provides flexible APIs for developers to build rich applications with access to all of this information.

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Our Vision

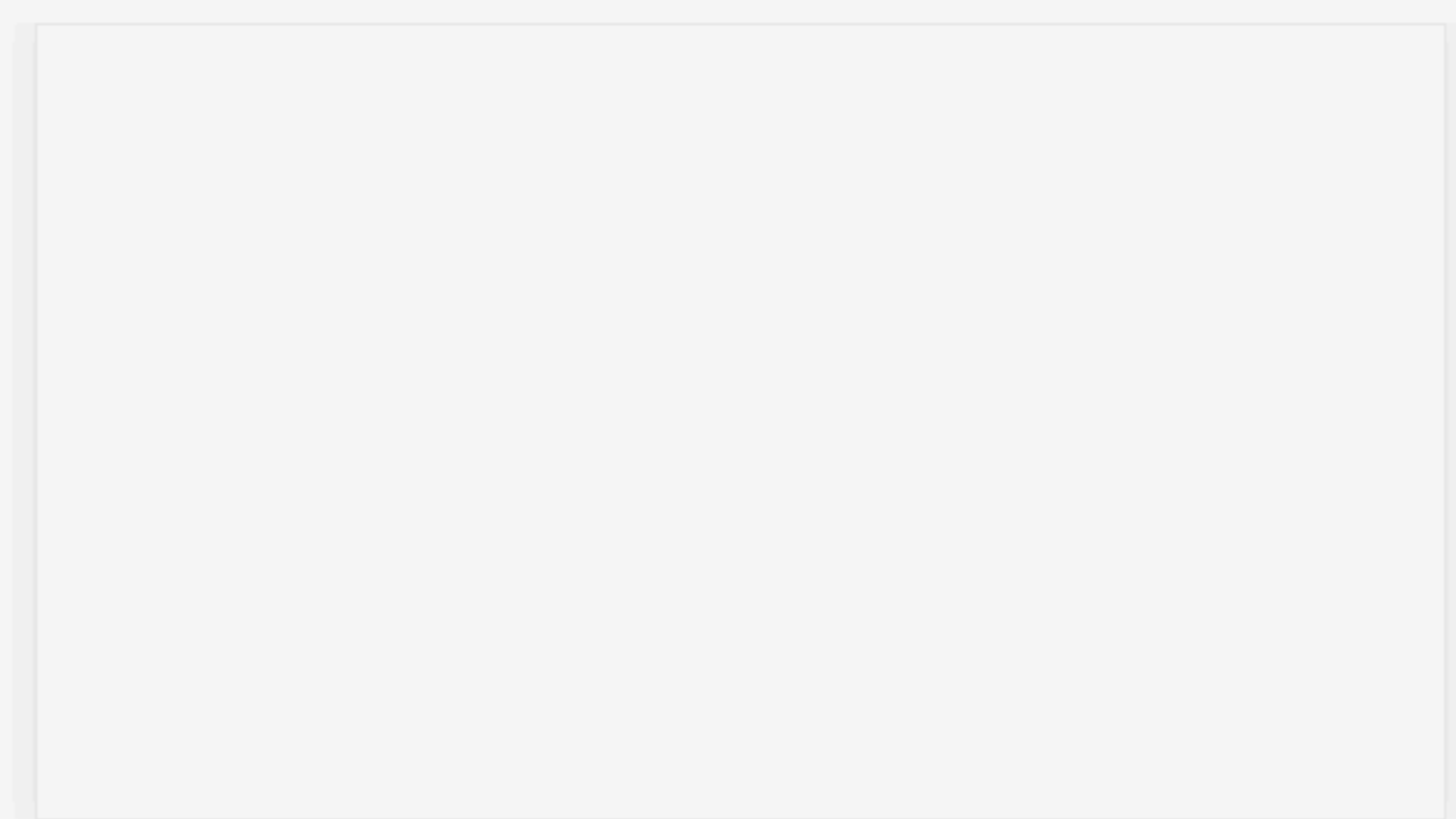
As we go through our lives we create vast amounts of data. Emails, phone calls, utility bills, health monitoring devices, text messages, browsing data, purchase records, all fall out of the regular course of our actions. It's more than just data. It represents our communications, relationships, locations, behaviors and creative and consumption patterns.

Currently, our data is scattered everywhere. It lives in and is usually owned by the services from which it was created or exchanged. It's aggregated by third party trackers and used to target advertising, content and services to you. Billions of dollars are exchanged, indirectly based on our data, and it serves as the basis and is the foundation for some of the most important structures on the web, and in the world at large.

Meanwhile, the people who have benefited least from this ecosystem are the vast majority of us. Our data is sold to our data. Often times, in fact, these channels and organizations go out of their way to harvest our data from the network and reuse our own content. Limitless opportunities for new applications and web experiences, as well as more free and open communication, are being lost.

Demo

Coming soon. Meanwhile, here are some screenshots:



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A large, multi-pointed starburst graphic with a central green and yellow core, surrounded by blue and green rays. The text "MICROPUB ROCKS!" is centered over this graphic.

**MICROPUB
ROCKS!**

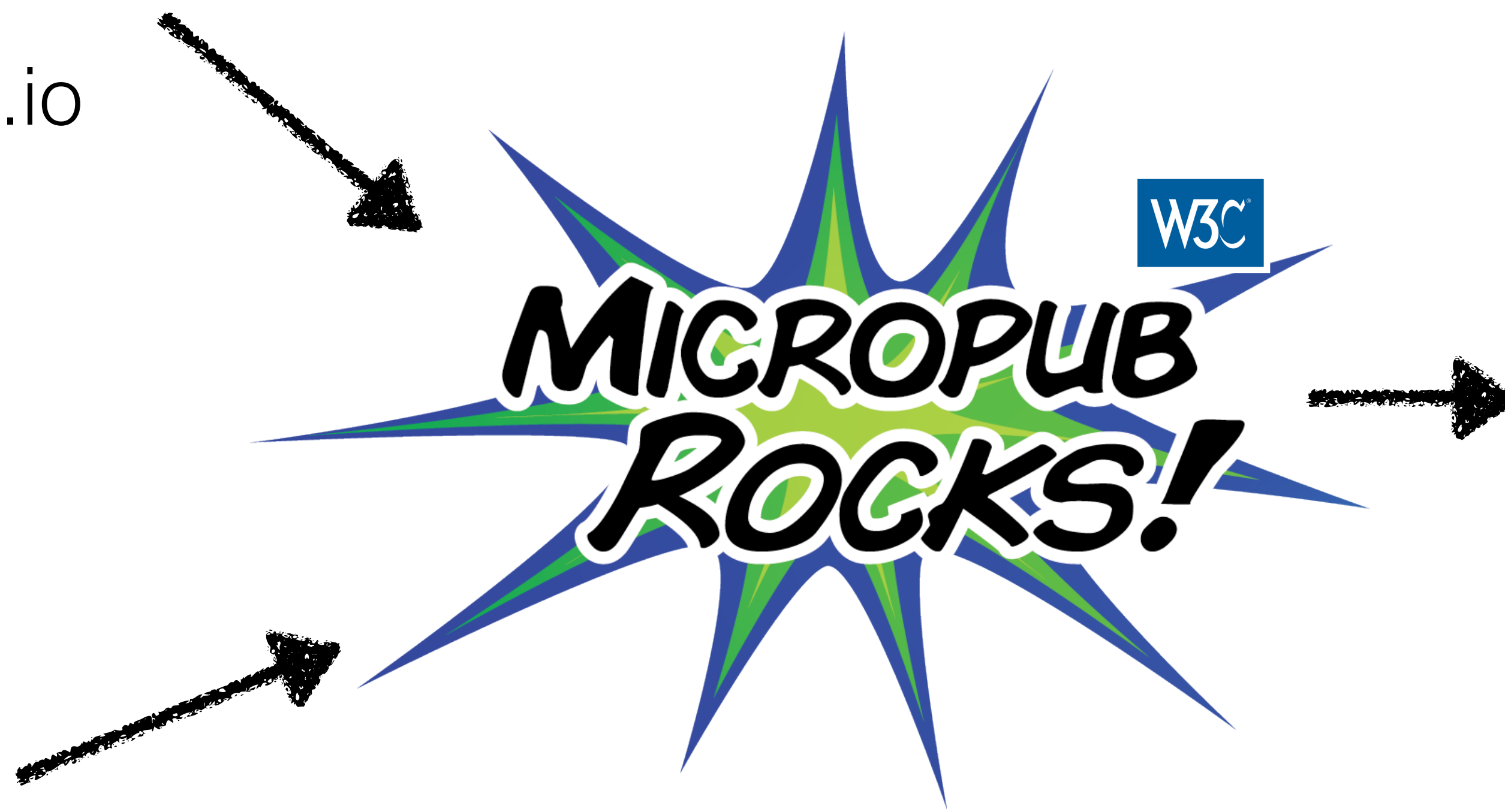


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June 13th, 2017



Checked in at Good Companions. Liquid lunch in the sun.

1:32pm
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About this site
adactio is the online home of [Jeremy Kelli](#), a web developer and author living and working in Brighton, England.
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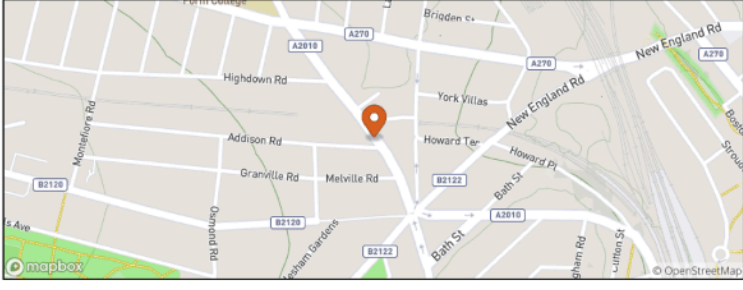
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JONATHAN LACOUR

ABOUT 19 HOURS AGO

Checked into Courtyard Paris Saint Denis

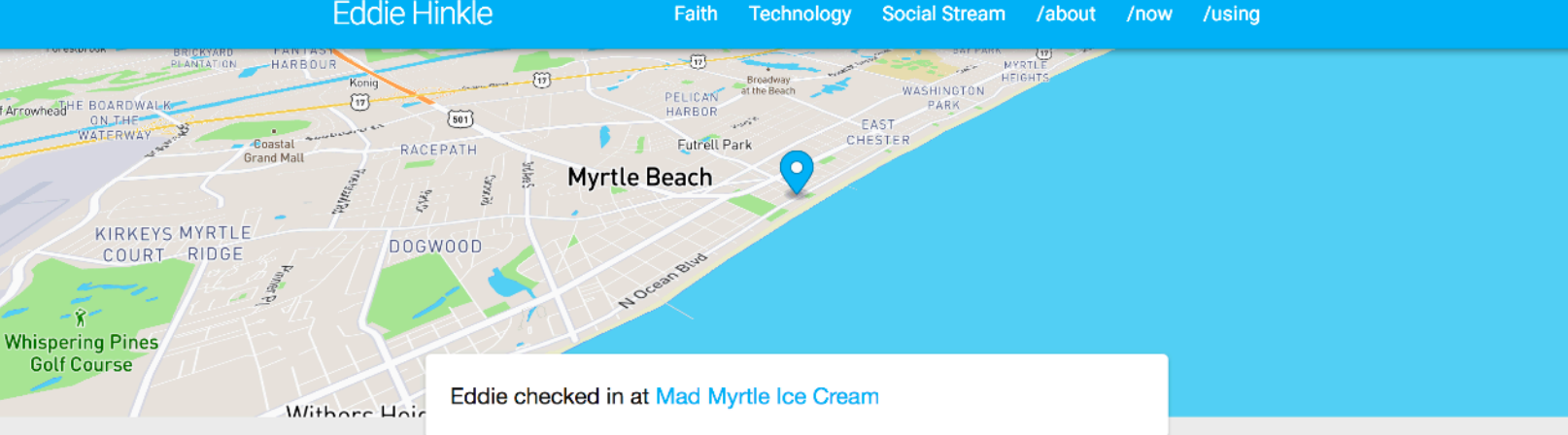


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Eddie Hinkle Faith Technology Social Stream /about /now /using



Eddie checked in at Mad Myrtle Ice Cream

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4 Replies

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- Swarm Jun 13, 2017 7:54 PM Chippy sticker bonus! +2
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Through a Glass Darkly

Outside looking in.

Home

← Previous Post



#4092

Posted on [June 14, 2017](#) by [Tamara](#)

Need a break from crazy driving through Boston at rush hour. Checked into [Starbucks](#).

◆ Starbucks, 552 Adams St, Milton, MA, 02186, United States

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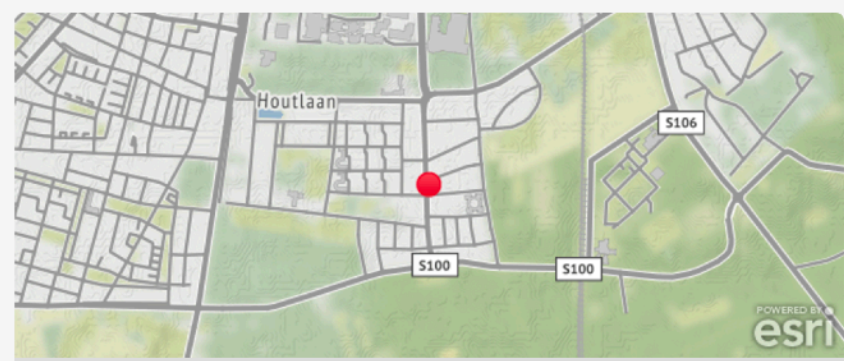
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Log in

Welkom op **Seblog**, het weblog van Sebastiaan Andeweg. Ik ben een schrijver en nerd uit Nijmegen. Ik ben ook te vinden op Twitter, Instagram en nu en dan op LinkedIn. Als ik code schrijf staat dat op Github en als ik rondjes ren staat dat op Strava. Ik zit stiekem ook weer op Facebook na 2,5 jaar weg te zijn geweest.



check-in bij [Brakkenstein](#), Nijmegen
 The sad thing about things near my house is that I always leave my bike at home.
 di 13 juni 2017 om 20:43 CET

Reacties

Swarm
di 13 jun 2017 18:43

That crown looks nice on you.



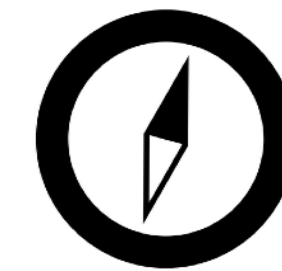
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Thank You!