Owning My Quantified Self Data

Aaron Parecki

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@aaronpk
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.
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 features of BodyMedia FIT armband will stop working.

While I can’t say it’s totally unexpected as bodymedia has not sold sensors for a few years now, I was still disappointed. Because the bodymedia used four different sensors, I always used to manually calibrate it with my Polar H7 heart rate monitor and Garmin devices that just relied on accelerometers. Plus, I used the weight tracker and BMI feature and the app was great tool to track calories vs. output. I’m really disappointed there is no way to sync with Apple Watch now.

Anyone have any thoughts as to what would be the next best alternative? I was thinking about getting a Fitbit Charge HR, maybe the Apple Watch or Basis Peak since it also tracks HR instead?
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.

These are a few of my favorite things.

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

Quantified Self 2017

<table>
<thead>
<tr>
<th>JUN</th>
<th>Jun</th>
</tr>
</thead>
<tbody>
<tr>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>9:00am - 5:00pm (+0200)</td>
<td>9:00am - 5:00pm (+0200)</td>
</tr>
</tbody>
</table>
Micropub Rocks!

https://micropub.rocks
Checkins

at sipgate GmbH
Düsseldorf, North Rhine-Westphalia, Germany • Sun, May 14, 2017 9:17am

#indiewebcamp day 2!

#indiewebcamp
Weight

- 148.0lbs 15.6%
  - Weight
  - Body Fat
  - Portland, Oregon
  - Thu, May 25, 2017 6:49pm -07:00

- 149.0lbs 17.1%
  - Weight
  - Body Fat
  - Portland, Oregon
  - Wed, Mar 29, 2017 11:20pm -07:00

- 148.1lbs 16.1%
  - Weight
  - Body Fat
  - Portland, Oregon
  - Sat, Mar 11, 2017 6:54am -08:00

- 146.1lbs 15.5%
  - Weight
  - Body Fat
  - Portland, Oregon
  - Thu, Feb 23, 2017 3:13pm -08:00

- 146.1lbs 15.5%
  - Weight
  - Body Fat
  - Portland, Oregon
  - Mon, Feb 6, 2017 6:06pm -08:00
Sleep

10:52pm 8:06am 9h 01m 22m
Asleep Awake Slept Awake for

1:47am 6:13am 4h 11m 27m
Asleep Awake Slept Awake for

aaronpk.com
Bike Rides

<table>
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<tr>
<th>Ride</th>
<th>Distance</th>
<th>Duration</th>
<th>Start</th>
<th>End</th>
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<tbody>
<tr>
<td>4.12mi</td>
<td>31:20</td>
<td>7:26pm</td>
<td>7:57pm</td>
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</table>

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

Compass

MICROPUB ROCKS!

aaronpk.com
Flights

5244.17mi  655:02  1:17pm  5:15pm

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

London (LHR) to Salt Lake City (SLC)

FlightAware  Some Code  W3C Rocks!  aaronpk.com
Food

Ginger Carrot Soup

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

Teacup
Micropub Rocks! aaronpk.com
Drink

Coffee

Negroni

Teacup

Micropub Rocks!

aaronpk.com
Tweets

- PDX ✈️ Reykjavik ✈️ Amsterdam!
  - Portland, Oregon, USA
  - Thu, Jun 15, 2017 4:30pm - 07:00

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

- Just posted all of yesterday’s #dotnetfringe videos! 🎥 🎥
  - www.youtube.com/playlist?list=PLwZVRWVJeptK6UZD-m2VLU2k2V-O5OrG
  - Portland, Oregon
  - Tue, Jun 6, 2017 8:33am - 07:00

- Last night I went to bed when it was still light out and woke up when it was already light out.
  - Portland, Oregon, USA
  - Mon, Jun 5, 2017 9:05am - 07:00
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.
$lastDate = $redis->get('runkeeper-last-import-date');
if(!$lastDate) {
    $lastDate = '2016-01-01';
}

while($should_continue) {
    $lastDate = $lastDate;
    $request_url = $firstActivity?.page=50&noEarlierThan='.$lastDate.'&modifiedNoEarlier='.
    while($should_continue) {
        echo "Fetching $request_url\n";
        if($activities = $rk_request($request_url)) {
            foreach($activities as $item) {
                echo "Processing activity: ", $item->uri, "\n";
                if(preg_match('/fitnessActivities\/(\d+)/', $item->uri, $match)) {
                    // Check if this item has already been imported
                    $syndicated_url = $runkeeperBase.$match[1];
                    echo "Checking for existing post: $syndicated_url\n";
                    $ch = curl_init($original-url); $urlencode($syndicated_url));
                    curl_setopt($ch, CURLOPT_RETURNTRANSFER, true);
                    curl_setopt($ch, CURLOPT_TIMEOUT, false);
                    $response = curl_exec($ch);
                    $code = curl_getinfo($ch, CURLINFO_HTTP_CODE);
                    if($code = 301 || $code = 302) {
                        echo "Skipping because it's already been imported\n";
                    } else {
                        echo "Skipping because no next URL was found for: $request_url\n";
                    } else {
                        echo "Encountered an unknown activity\n";
                    }
                }
                if($property_exists($activities, 'next') && $activities->next) {
                    $request_url = $activities->next;
                } else {
                    $should_continue = false;
                    echo "Stopping because no next URL was found for: $request_url\n";
                } else {
                    $should_continue = false;
                    $should_continue = false;
                    echo "Stopping because no items found in this request: $request_url\n";
                }
            }
            $should_continue = true;
            $request_url = $firstActivity?.page=50&noEarlierThan='.$lastDate.'&modifiedNoEarlier='.
        }
        $should_continue = false;
        echo "Done\n";
<table>
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<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
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<tr>
<td>Steps</td>
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<td>Hours Sleep</td>
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<td>Brinks listened to</td>
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<td>Catches consumed</td>
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<td>Meat</td>
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<td>% Carbs</td>
<td>50%</td>
<td>50%</td>
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<td>% Fat</td>
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<td>% Protein</td>
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<tr>
<td>% Fat (body)</td>
<td>15%</td>
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<tr>
<td>Do something scary</td>
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<td>Something social</td>
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</tbody>
</table>
Our mission is to change the way people take care of
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.

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, purchases — all out of the regular course of our actions. It’s more than just data. It represents who we are and how we interact with our environment — 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 companies which it was created or exchanged. It’s aggregated by third party trackers and ad agencies. It’s being used by advertisers, content and services to you. Billions of dollars are exchanged, individuals are tracked and their data is created off of our data, and it serves as the basis and is the foundation for some of the most powerful structures on the web, and in the world at large.

Meanwhile, the people who have benefited least from this ecosystem are the owners of the data. Often times, in fact, these channels and organizations go out of their way to cut us out of our data from the network and reuse our own content. Limitless opportunities for better applications and web experiences, as well as more free and open communications are squandered on our behalf.

Demo

Coming soon. Meanwhile, here are some screenshots:

See your health data the way you decide.

You use one or more apps to collect and view your data. But you have unique questions and motivations that are not captured in those apps. GrokLife allows you to use your data wherever you want and see all your data in one place.

With your permission, GrokLife transforms your health and wellness data and copies it between your apps as well as provides a place to visualize all your data.

With GrokLife, all of your data is available in all of your apps.
MICROPUB ROCKS!
Through a Glass Darkly

Outside looking in.

#4092

Need a break from crazy driving through Boston at rush hour. Checked into Starbucks.

- Starbucks, 552 Adams St, Milton, MA, 02186, United States
aaronpk.com

@aaronpk

Thank You!