

Ben Puryear

project_part1.pdf

Potential Data Analysis Sources:

The first source that I think would be a great fit for the Quantified Self project would be Apple's Health Metrics. The automatically recorded data can be exported using the "Export All Health Data" option inside of the health app (fig 1.1) allows for me to have a file that contains all the health information that Apple has collected throughout the many years I have been using Apple products (fig 1.2). The 40-megabyte file is an xml file that contains my sleep metrics, walking speed, average step length, audio levels, and more (fig 1.3), all of which are collected on a minute-by-minute basis. The reason that I am interested in this data source is because of the sleep analytics it contains. I want to see if there is a correlation between how much sleep I get and what I did during that day. Maybe when I take more steps, I get tired and get more sleep. Or maybe when I spend the day taking fewer steps, I wake up in the middle of the night more.

The next source that I think would be a great fit for the Quantified Self project is Google's Google Takeout. Takeout is well known for the vast amount of data it contains, all of which are collected automatically in the background, while you use all googles many products. Due to takeout's large size, it allows for the user to select exactly what data they request to be sent to them (fig 2.1). You are then sent a link that directs you to the download for the data you requested (fig 2.2). The data that Google collects is collected on a minute-by-minute basis and includes data such as browsing history, YouTube usage, location services, contacts, photos, and purchases. The reason that I chose this to be a candidate as a source of data is because of how much data there is. Not only how much, but how precise the data is, tracking the locations you visit and even predicting what activates you do there.

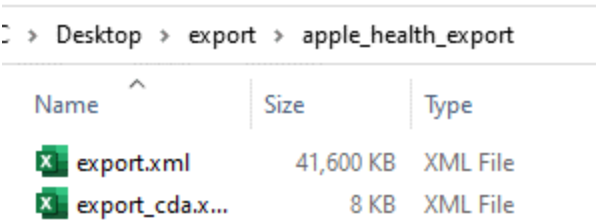
The final source that I believe would be a great fit for the Quantified Self project is Apple's screen time. This is an automatic collector that tracks the amount of time spent inside of an app as well as with the screen on. It can be as precise as down to the second when checking on individual app usage. The data is located on the phone with no way to export it, so if I chose to use this data source, I would need to manually copy the results to an editable file. The data is even more broken down to provide time spent in each genre of app (fig 3.1). My interest in this source stems to when I got the notification that earlier last week, my average screen time went down by 41% ever since I moved into college. This led to me wanting to explore the connections between daily life habits and the average screen time usage.

Figures:

1.1



1.2



1.3

'1	2021-08-17 01:43:04 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-18 00:40:56 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-18 23:30:00 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-19 06:25:48 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-19 06:27:04 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-19 23:30:00 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-21 05:34:06 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-21 23:30:00 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-23 03:27:37 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-24 00:50:12 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-24 06:18:22 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-24 06:19:27 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-24 06:19:44 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-24 23:30:00 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-26 04:23:32 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-27 01:51:47 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-27 23:50:32 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-28 04:15:59 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-28 04:16:03 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-28 04:17:30 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-29 04:03:43 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-30 07:30:37 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-31 07:58:48 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee
'1	2021-08-31 23:30:00 -0700	HKCategoryTypeIdentifierSleepAnalysis	HKCategoryValueSlee

2.1


1

Select data to include


46 of 47 selected


Products


Deselect all


 Access Log Activity
Collection of account activity logs

☐


 Due to the size of content found in the Access Log Activity product, exports may take longer to process.


 Multiple formats

 All activity logs selected


 Android Device Configuration Service
Android device attributes, performance data, software versions, and account identifiers. [More info](#)


☒

 HTML format

 Arts & Culture
Favorites and galleries you've created on Google Arts & Culture.

☒


 Multiple formats


 Calendar
Your calendar data in iCalendar format. [More info](#)


☒

2.2

Export progress

 Google is creating a copy of files from 5 products
This process can take a long time (possibly hours or days) to complete. You'll receive an email when your export is done.

 Cancel export

 Create another export

3.1

