Project

A goal without a plan is just a wish

Quantified Self

"A movement to incorporate technology into data acquisition on aspects of a person's daily life in terms of inputs (e.g. food consumed, quality of surrounding air), states (e.g. mood, arousal, blood oxygen levels), and performance (mental and physical)."

In short

A system that allows self-knowledge through self-tracking

Without measuring there is not improvement

Keywords

Quantified Self, Life Logging, Self Tracking, Self Analytics

Data is central

We have to collect data and informations.

We have to show (different views) of the same data and informations.

Brief

Outline a new service/webapp **strictly** related to the topic 'Quantified Self'.

Basically you have to select
a personal data/information
that can be collected over time by the user.

That data collection, potentially,
can be visualized in some meaningful way
in order to provide insights on a particular topic
of the personal life of the user.

Guideline

- Outline the Concept/Idea (1 or more)
- Research about existing similar products
- Make a moodboard about potential directions
- Sketch on paper the early draft of the UI

Deliverable within the next lesson

- Text file that describe the idea
- Collection of similar product based on your research (screenshots, annotations, etc)
- The moodboard file
- Pictures of paper' sketches

All the stuff must be placed inside the Group folder and pushed on the course Github repository

Be crazy, ironic, have fun.