Show and Tell: Bits and Bobs

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31st July 2014

Recap

- Given two talks: 'Calendar Lifelogging', 'Skill Acquisition'

- This talk is just a few little things to show and tell

What have I been up to?

1. Cycled Land's End to John O' Groats

2. Improved lifelogging process

3. Using 'Lift'

Cycling from Land's End to John O' Groats

Cycling from Land's End to John O' Groats

- 990 mile route, 14 days, with Dad, Brother, and Tour Group

- 8th to 21st June

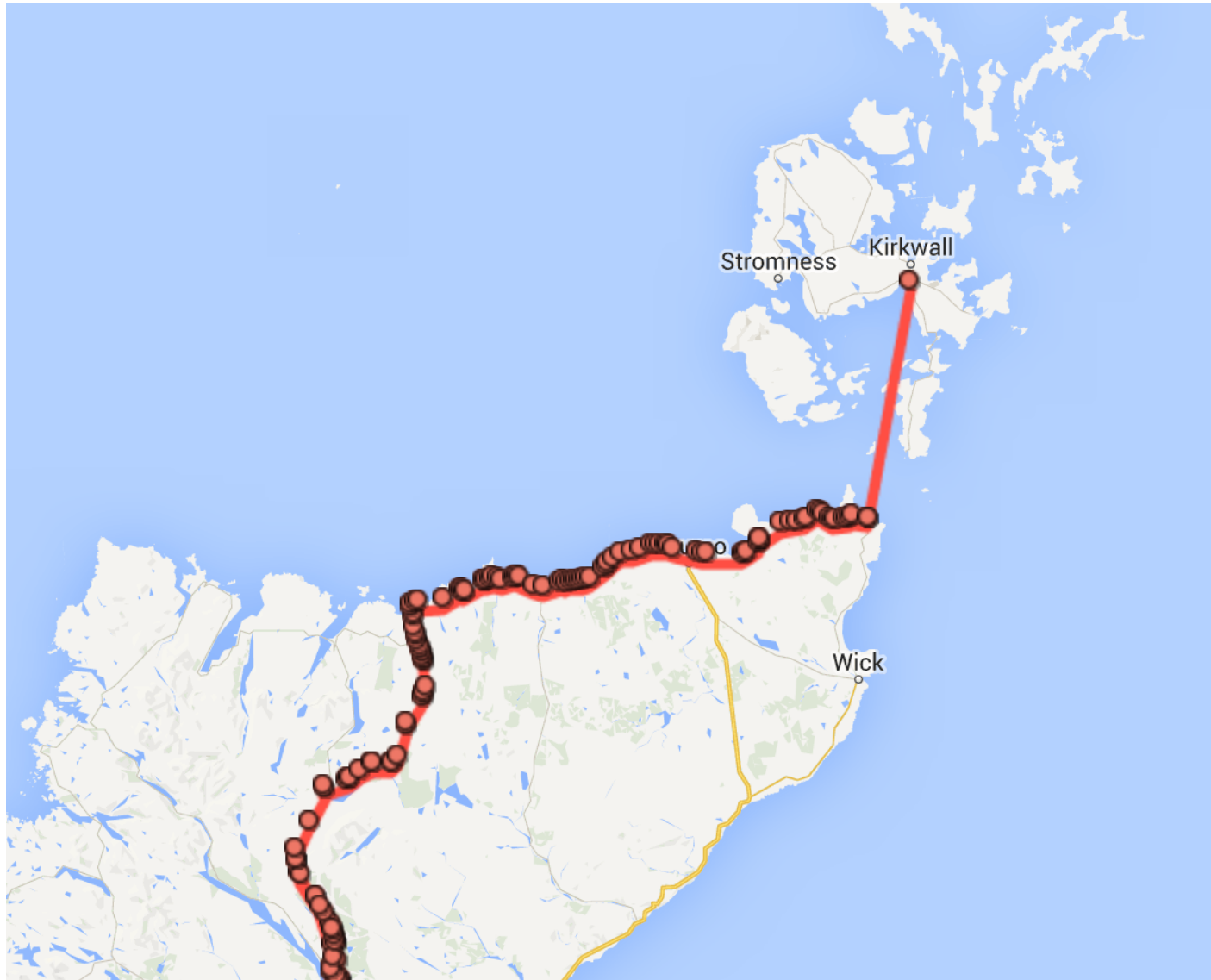- Aim for simple tracking, nothing fancy

LEJOG Tracking Tools

- **Google Location History** - basic position/time data

- **Garmin** - more precise distance/elevation statistics

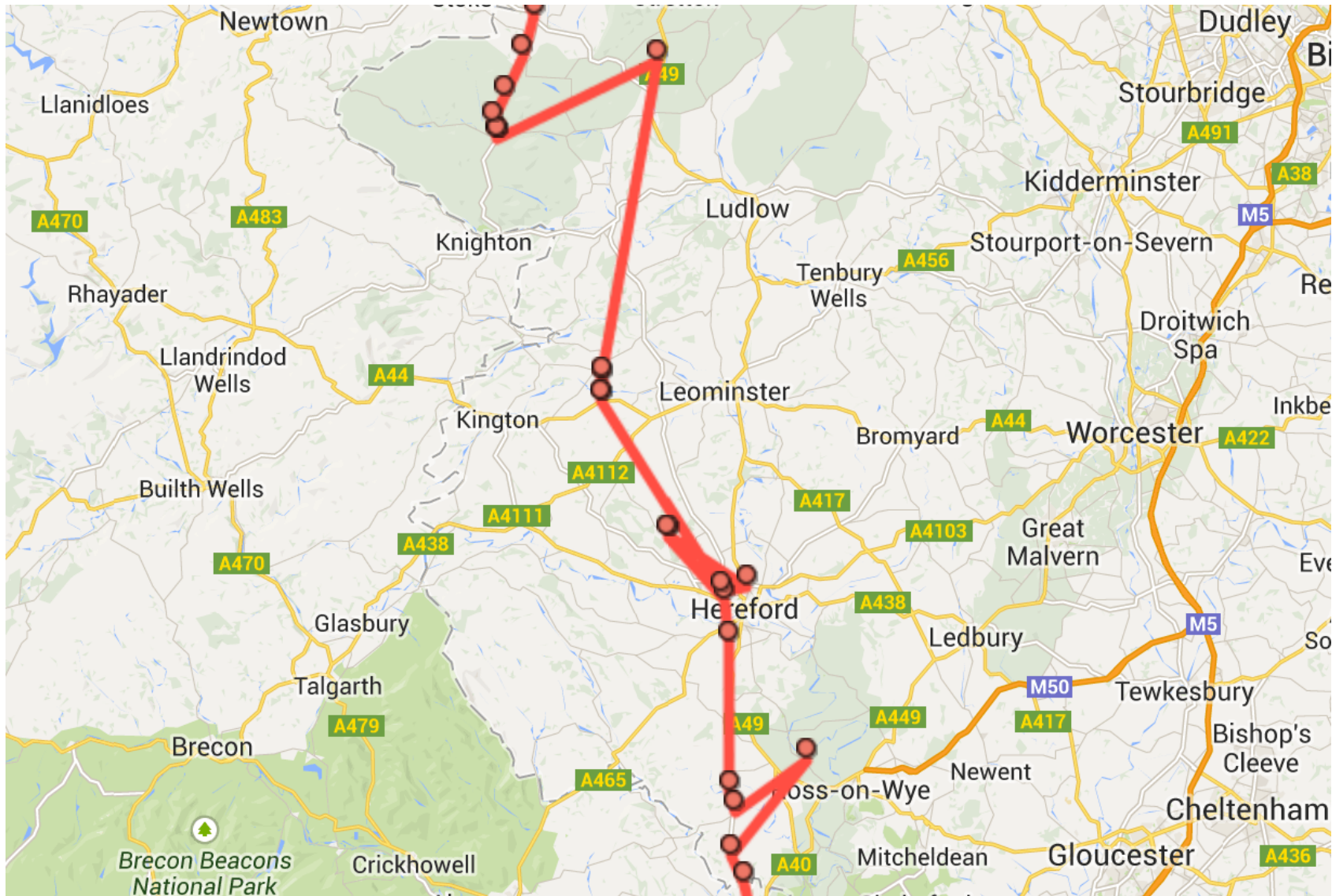- **Lifelog** - continued via some simple shortcuts

LEJOG Map

LEJOG Map

LEJOG Map

LEJOG Total Stats (Garmin)

- 14 days

- 1004 miles

- 90 hours cycling

- 51k feet of elevation gain

- 52k calories burnt

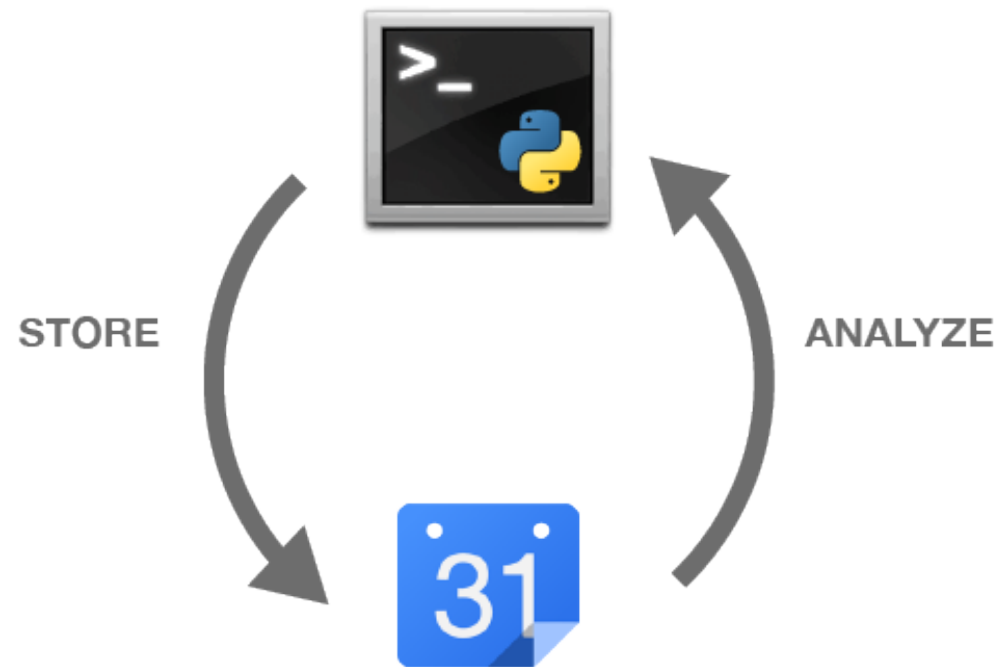- Weight before: 77.3kg, after: 77.8kg

John O' Groats

LEJOG Lifelogging

- Low on time, still want to make sure I record alcohol consumption, inhaler usage
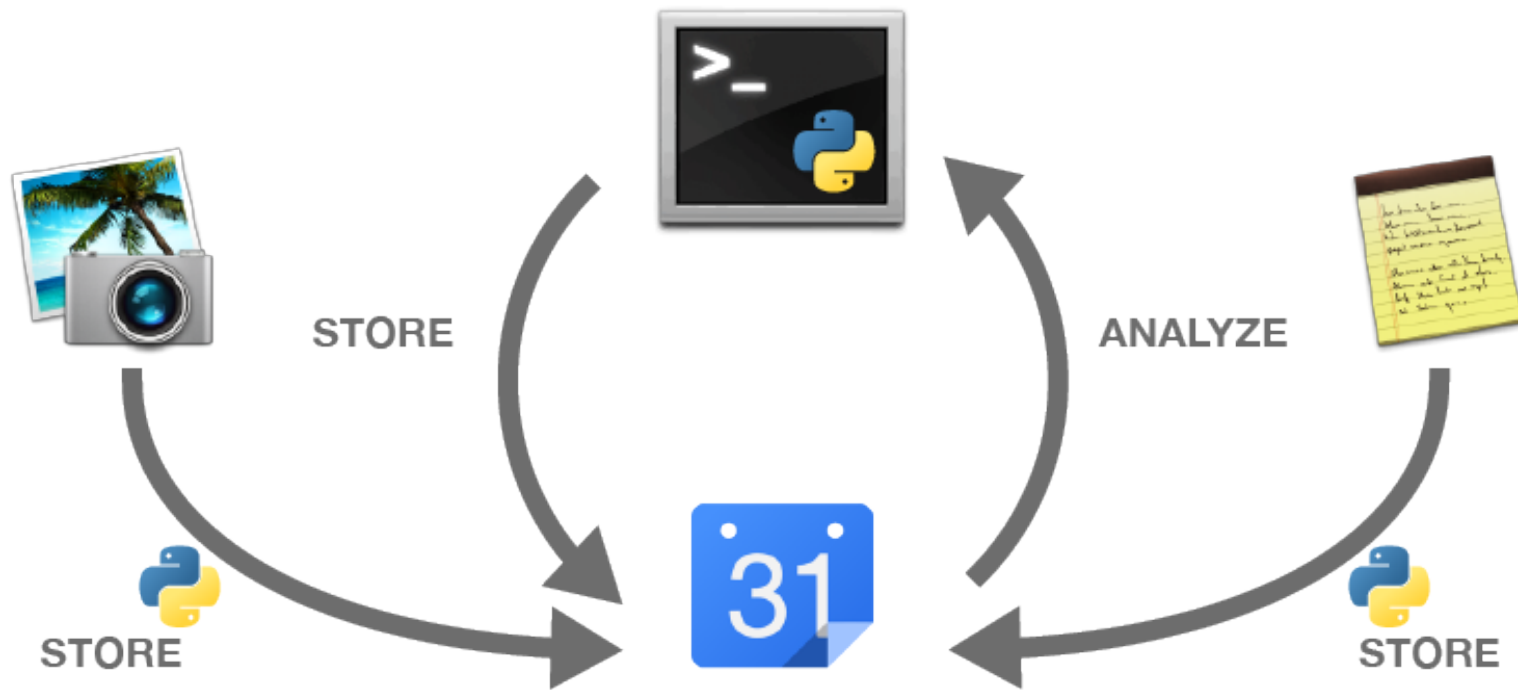
- Had to find and use shortcuts...

Lifelogger

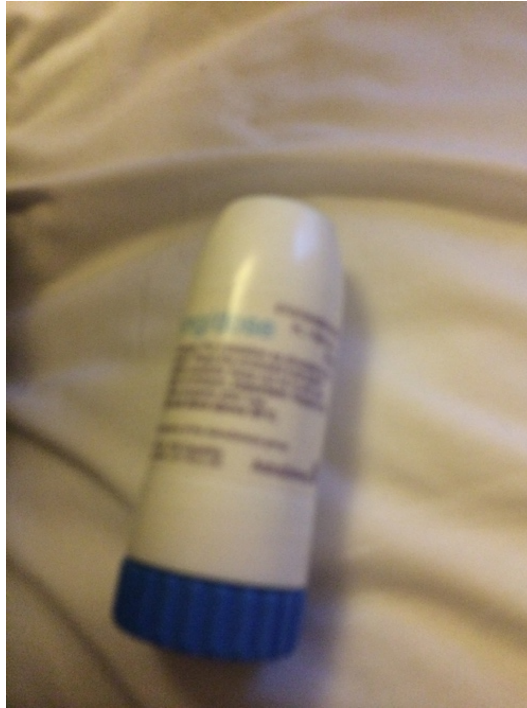- Google Calendar data storage, re-built as more user-friendly and faster

- `https://github.com/adamchainz/lifelogger`

Lifelogger Data Flow

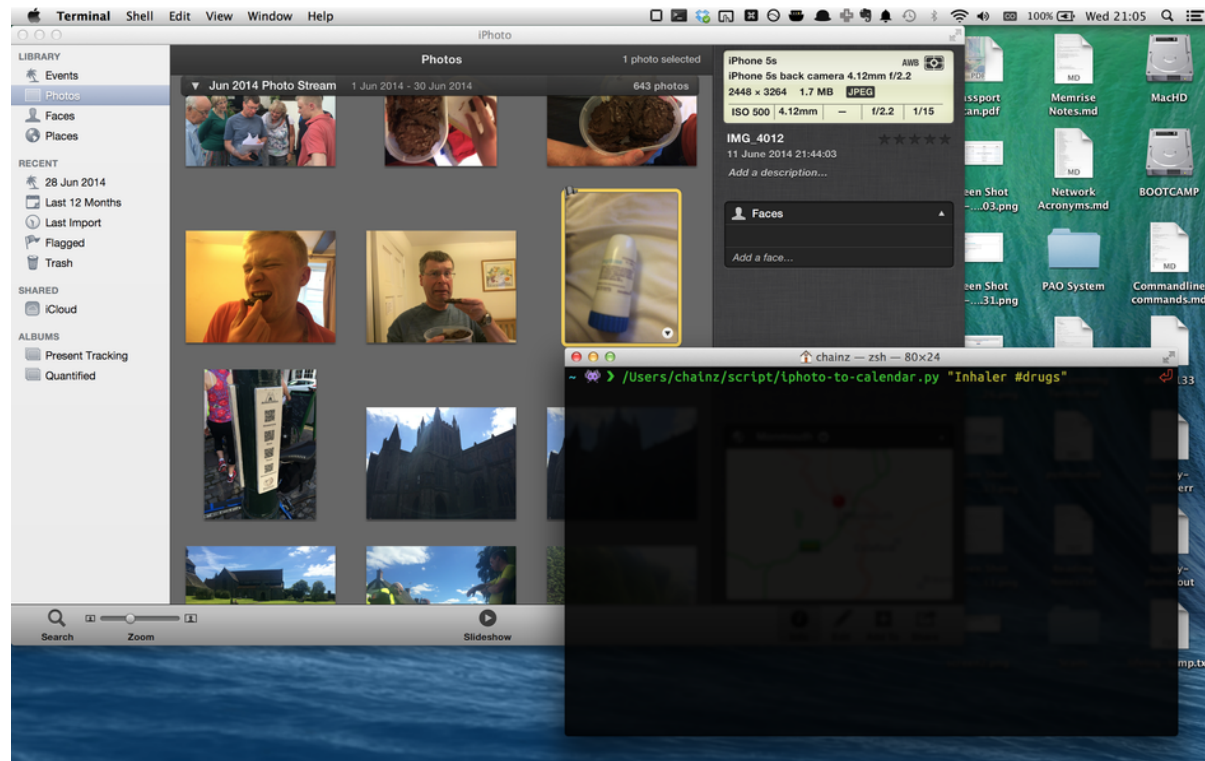STORE

ANALYZE

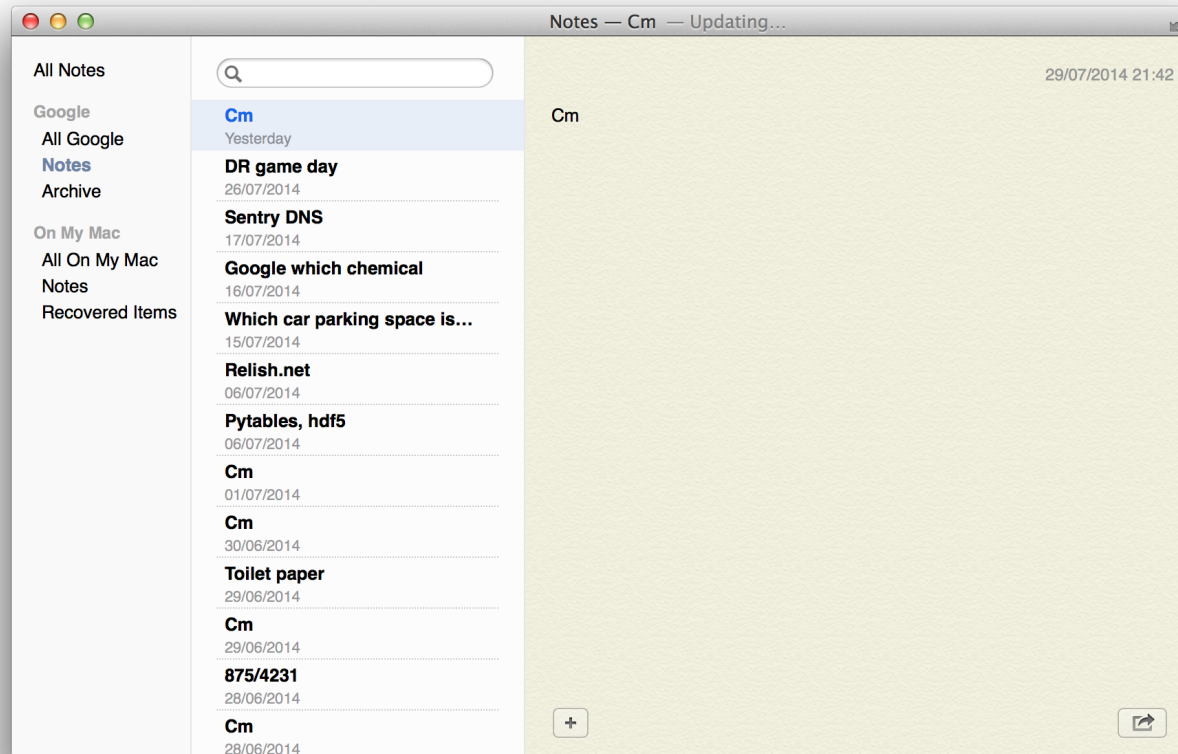# Lifelogger Data Flow

Photos

- **"Inhaler #drugs"**
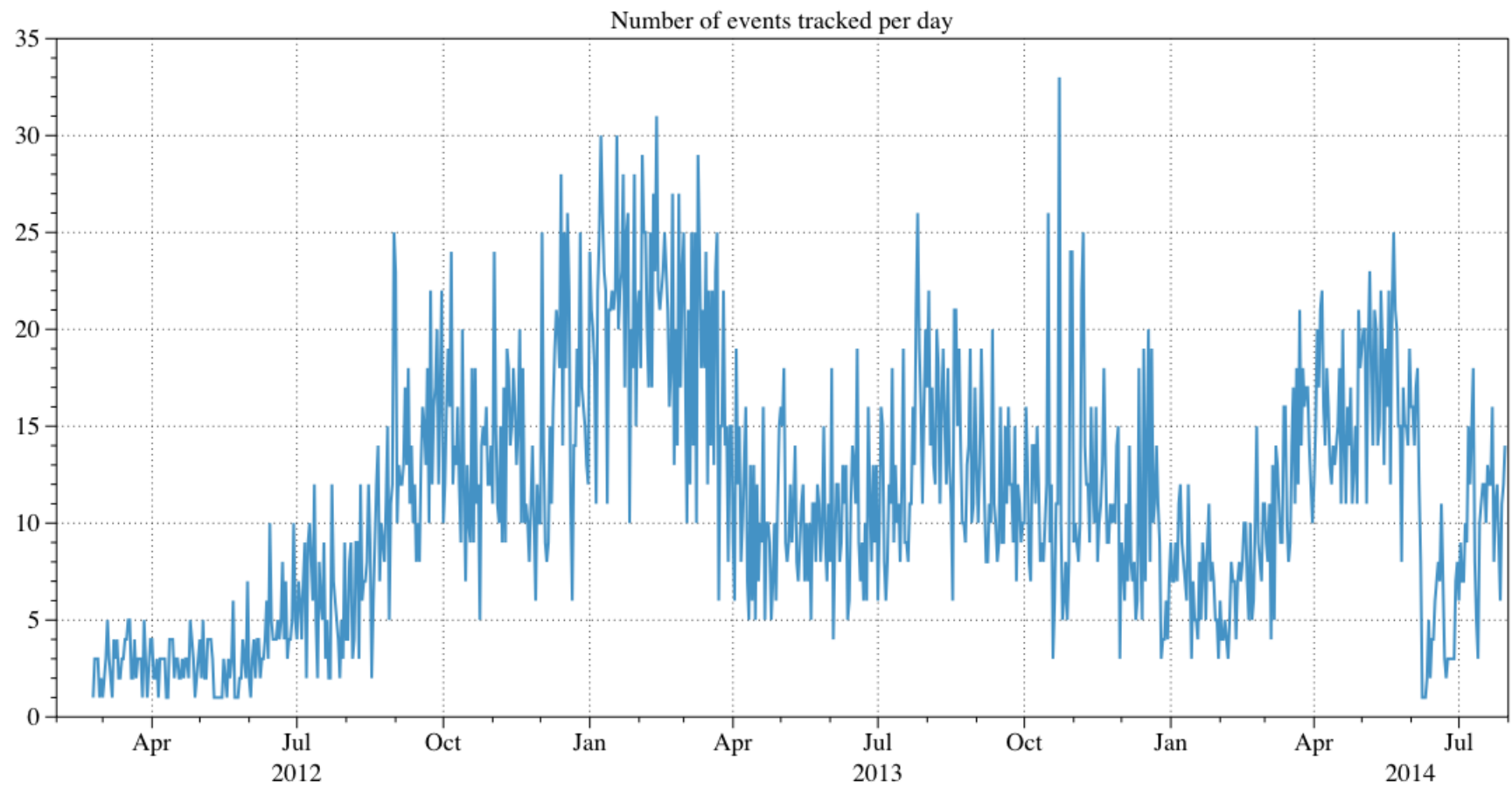
- © 2014-06-11 21:44:03

Photos

- One key press - macro opens terminal, runs **lifelogger**, my script gets timestamp, adds event to calendar, trashes in iPhoto

Notes

- Same deal - simple notes, less phone space

Lifelogger

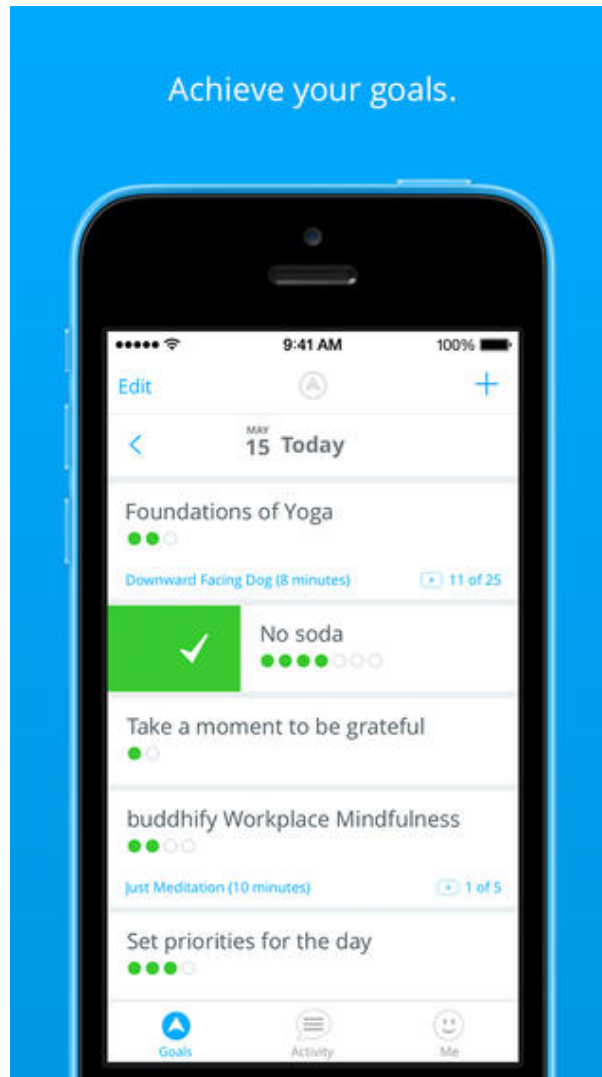Number of events tracked per day
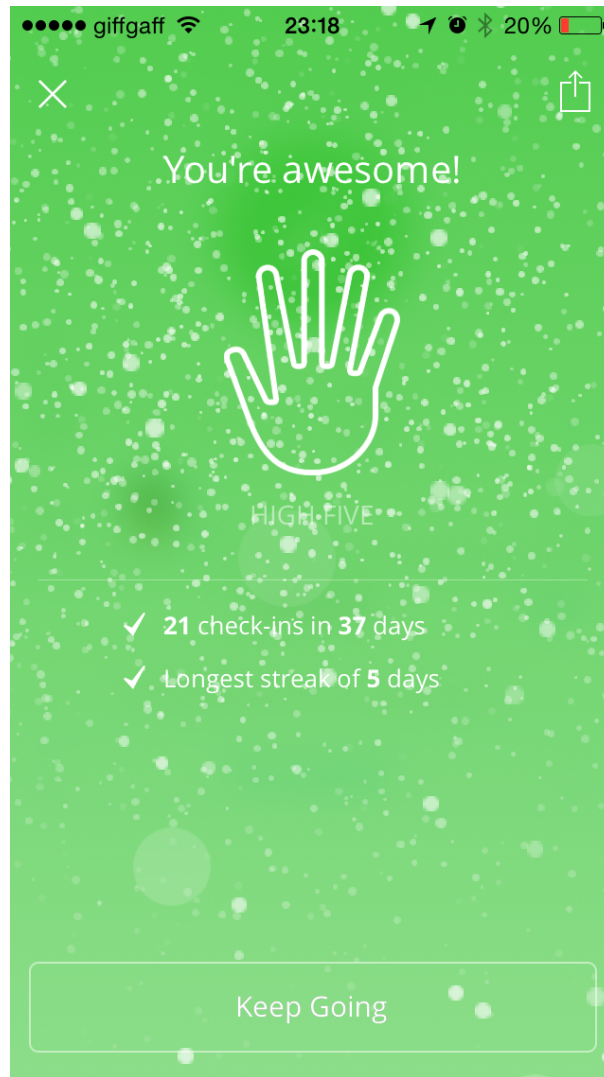
Lifelogger Asthma
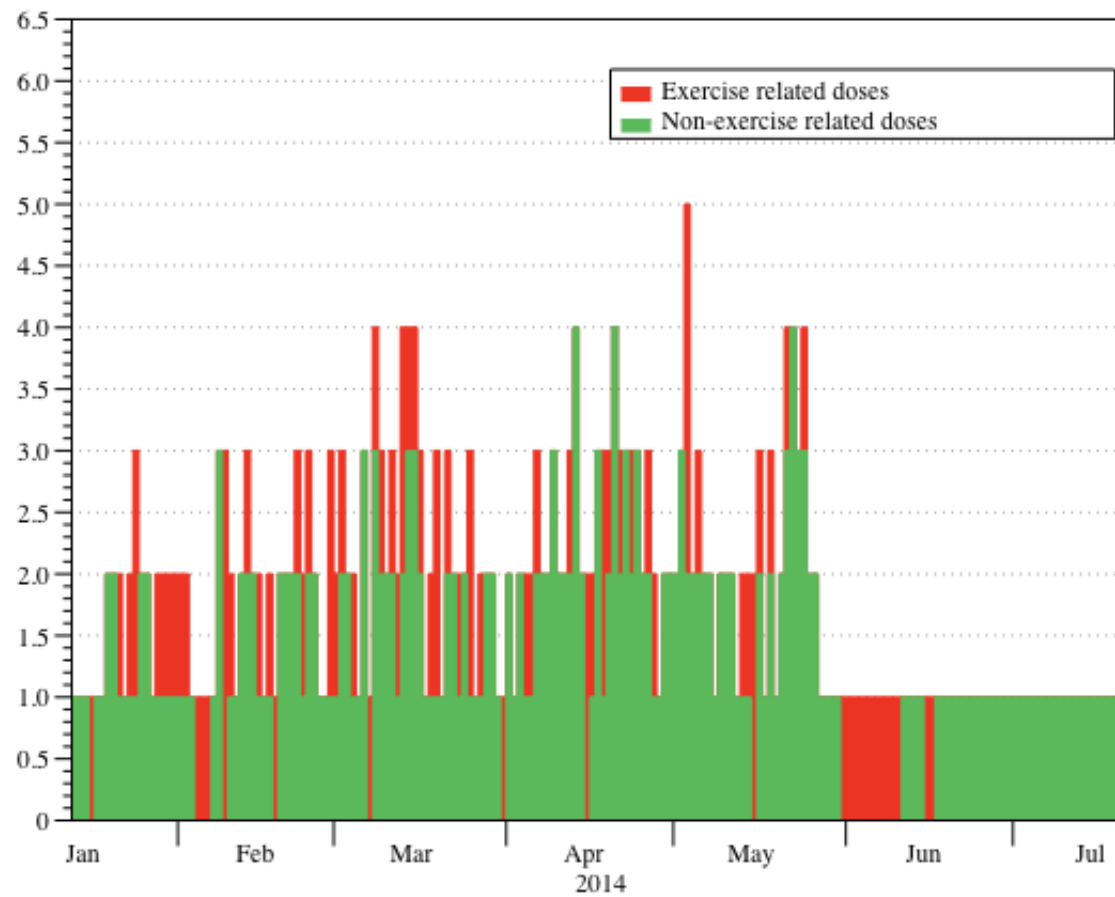
Lift

Lift

- Great for quotidian activity tracking

- Was going to code similar myself via my lifelog - easier to use an existing tool with social side...

- ..but I did make sure it had data export before I started using it :)

Lift Loves You

Lift Daily Habits

- Meditate

- Read

- Make 3 Positive Observations

- Diet

- ...

Lift Analysis

| Id	Habit	Date	Note	Check In Count	Days in Streak	Prop Count	Comment Count	URL
18474121	Intro to Meditation	2014-01-06		1	1	0	0	http://lift.do/c/18474121
18570742	Intro to Meditation	2014-01-07		2	2	0	0	http://lift.do/c/18570742
18666528	Intro to Meditation	2014-01-08		3	3	0	0	http://lift.do/c/18666528
18709510	Walk 10,000 Steps	2014-01-08	"...The mil...	1	1	0	0	http://lift.do/c/18709510
18764511	Brush teeth before brea...	2014-01-09		1	1	0	0	http://lift.do/c/18764511
18764735	Intro to Meditation	2014-01-09		4	4	0	0	http://lift.do/c/18764735
18848167	Brush teeth before brea...	2014-01-10		2	2	0	0	http://lift.do/c/18848167
18851439	Intro to Meditation	2014-01-10	Such calm,...	5	5	0	0	http://lift.do/c/18851439
18889488	Walk 10,000 Steps	2014-01-10		2	1	0	0	http://lift.do/c/18889488
18926384	Brush teeth before brea...	2014-01-11		3	3	0	0	http://lift.do/c/18926384
18935438	Intro to Meditation	2014-01-11		6	6	0	0	http://lift.do/c/18935438
18971502	Walk 10,000 Steps	2014-01-11		3	2	0	0	http://lift.do/c/18971502
19001731	Brush teeth before brea...	2014-01-12		4	4	0	0	http://lift.do/c/19001731
19025259	Intro to Meditation	2014-01-12	7 steps co...	7	7	0	0	http://lift.do/c/19025259
19028883	Walk 10,000 Steps	2014-01-12		4	3	0	0	http://lift.do/c/19028883
19079168	Brush teeth before brea...	2014-01-13		5	5	0	0	http://lift.do/c/19079168

Lift Analysis
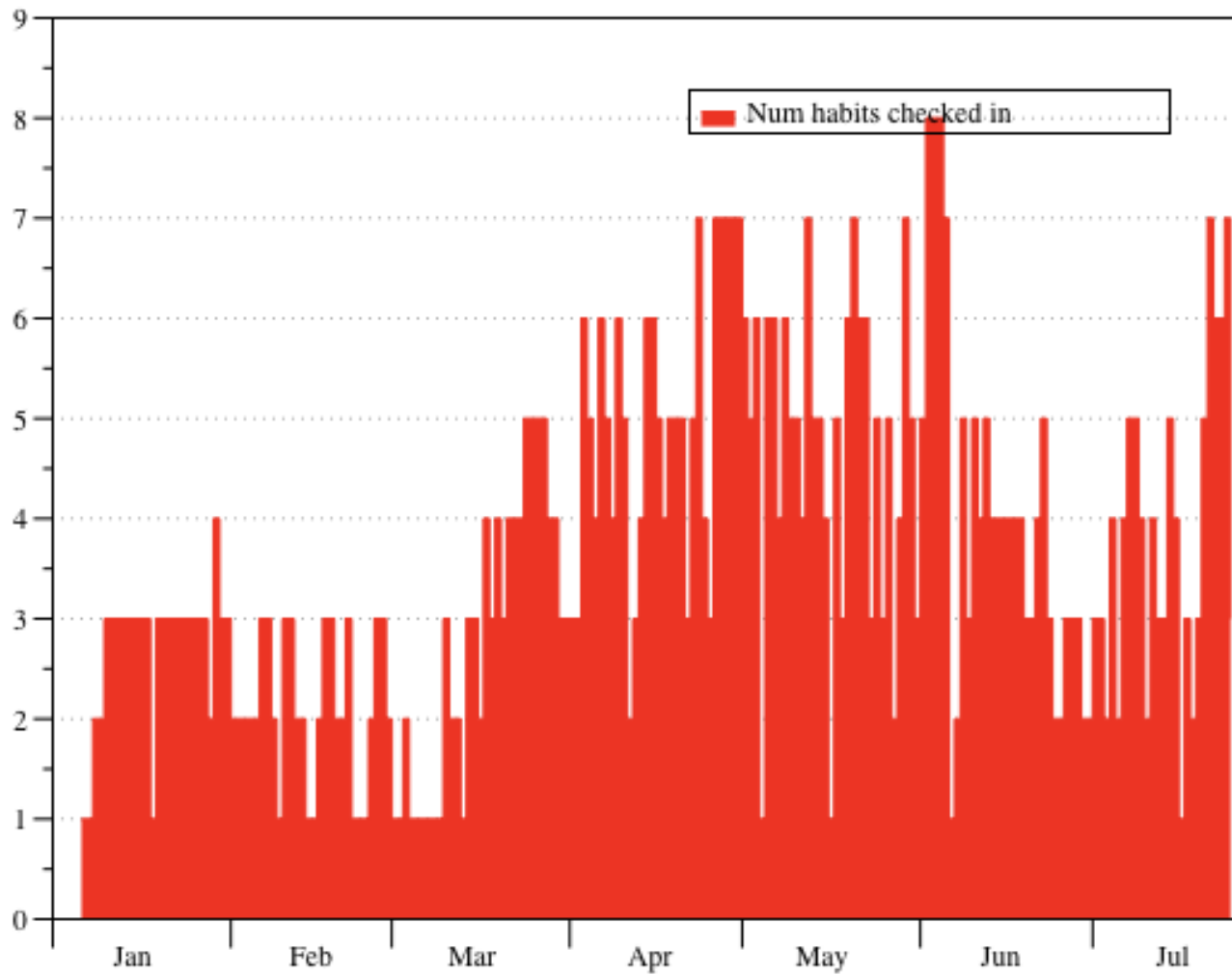

```
SELECT 'date', COUNT(*) FROM lift GROUP BY 'date';
```
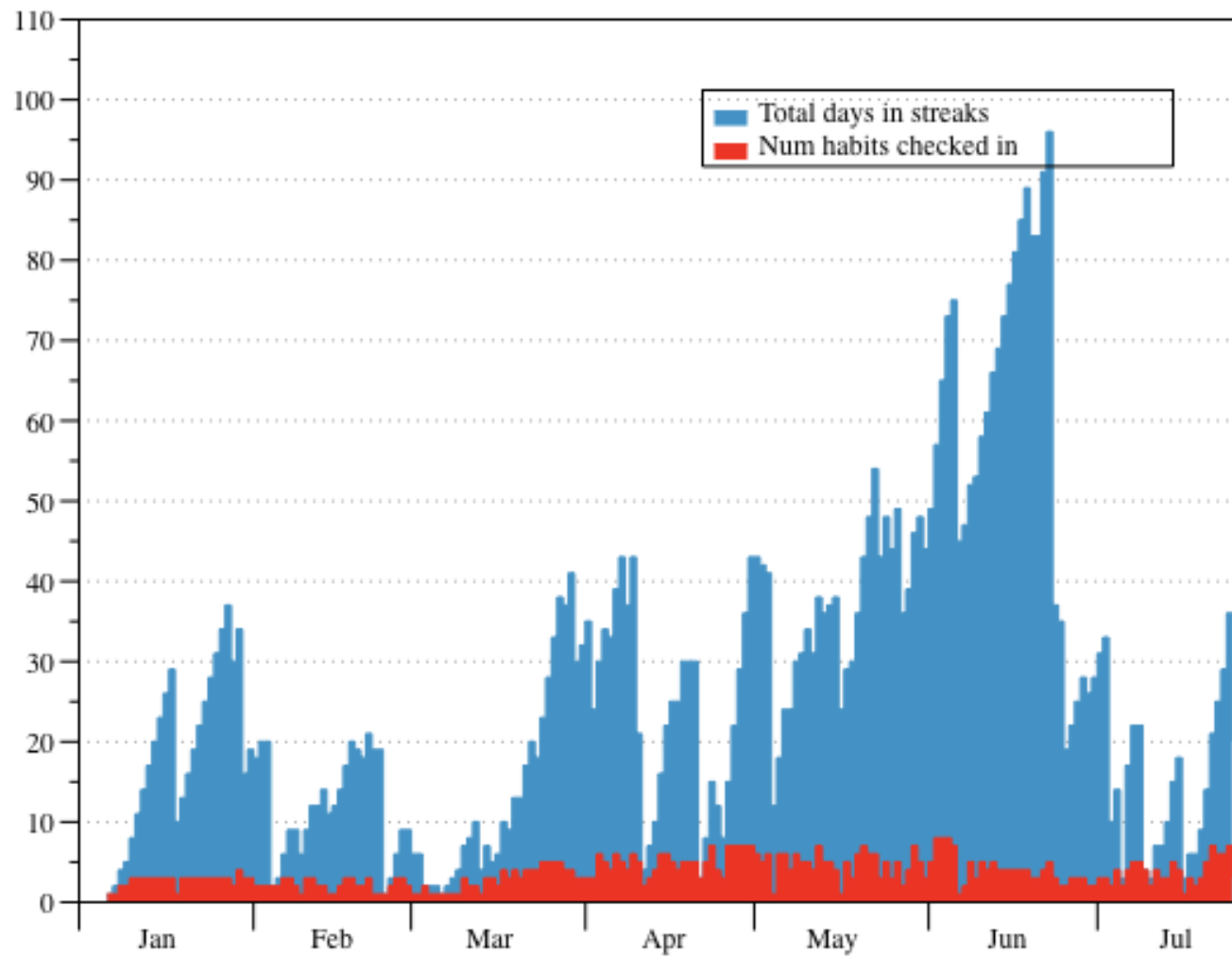
Lift Analysis


```
SELECT 'date', COUNT(*), SUM('days in streak') FROM lift GROUP BY 'date';
```

Lift Analysis
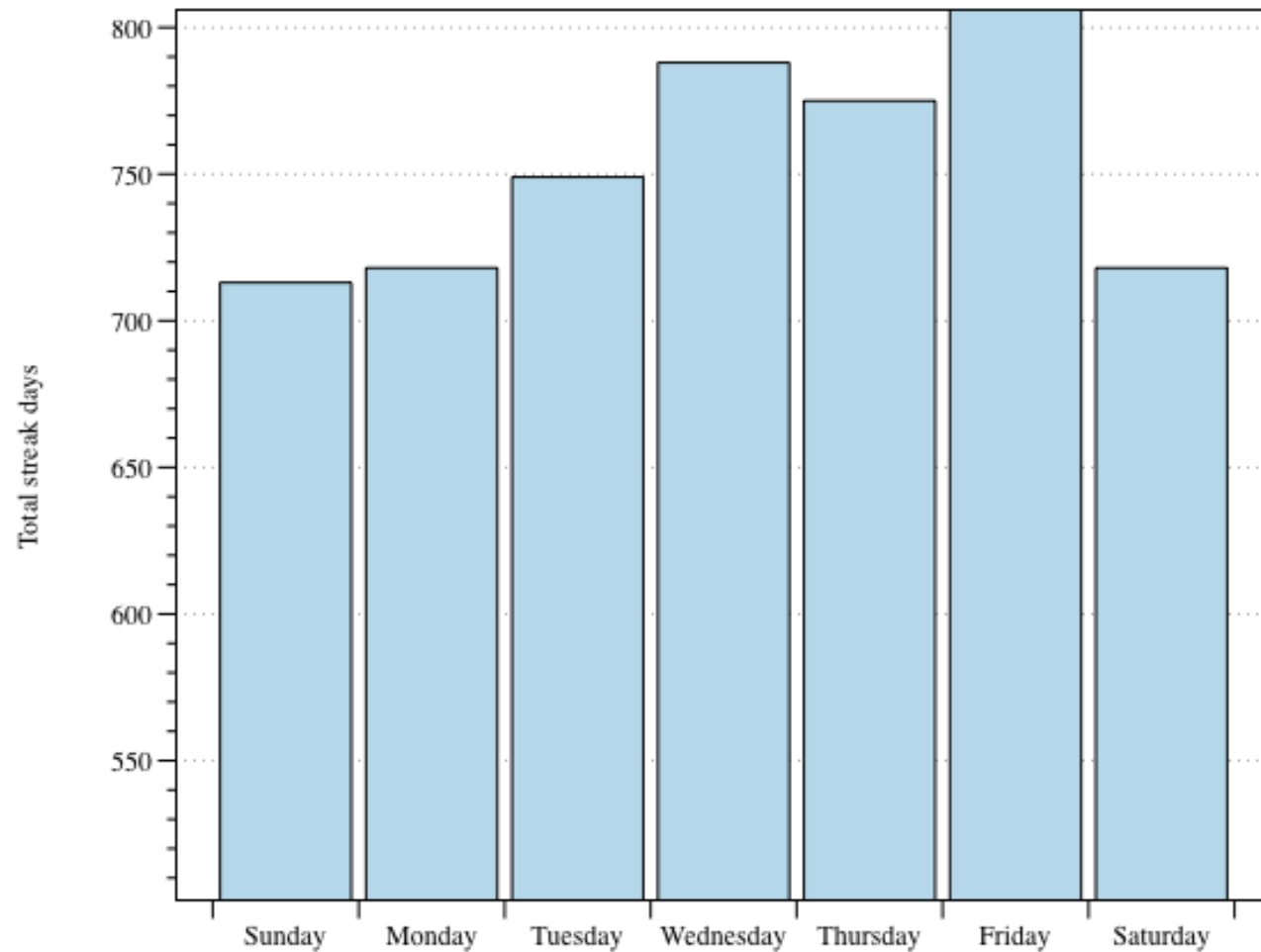

```
SELECT dayname('date'), SUM('days in streak') FROM lift
GROUP BY dayname('date') ORDER BY dayofweek('date');
```

Thank you

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