Show and Tell: Bits and Bobs

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Recap

- Given two talks:

- Calendar Lifelogging

- Skill Acquisition

- This talk is just a few little things as an update on things to show and tell

What have I been up to?

1. Improved Lifelogger and impressed a nurse

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

3. Using 'Lift'

Lifelogger

- Re-built as more user-friendly and faster

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

Lifelogger

- (chart - number of datapoints over time)

Lifelogger

- Asthma graphs

Powerbreathe

- (picture)

- Claims to help improve breathing…

- …but does it?

Powerbreathe Chart

- Num times done per day PLUS peakflow record

Asthma

- Times per day, exercise versus non...

Asthma

- Times per day, exercise versus non... extended with doses of clenil modulite

Cycling from Land's End to John O' Groats

- Used Google Location History as Jamie showed us last time I was here

- Also got data from my Dad's Garmin on stop/start/elevation - elementary stuff

LEJOG Map

- (screenshot of location history)

LEJOG Map

- (detail of particularly screwy area)

LEJOG Map

- (detail of particularly sparse area - talk on how it's also a map of bad phone reception)

LEJOG Total Stats (Garmin)

- 14 days

- 1004 miles

- 90 hours cycling

- 51k feet of elevation gain

- 52k calories burnt

Lift

- Great for simple activity tracking

- Was going to code the same thing myself via my lifelog - easier to use an existing tool with sharing...

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

Lift Analysis

- Grid of completion per week

- Distribution of streaks

Thank you

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