

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. Cycled Land's End to John O' Groats
2. Improved Lifelogger process
3. Using 'Lift'

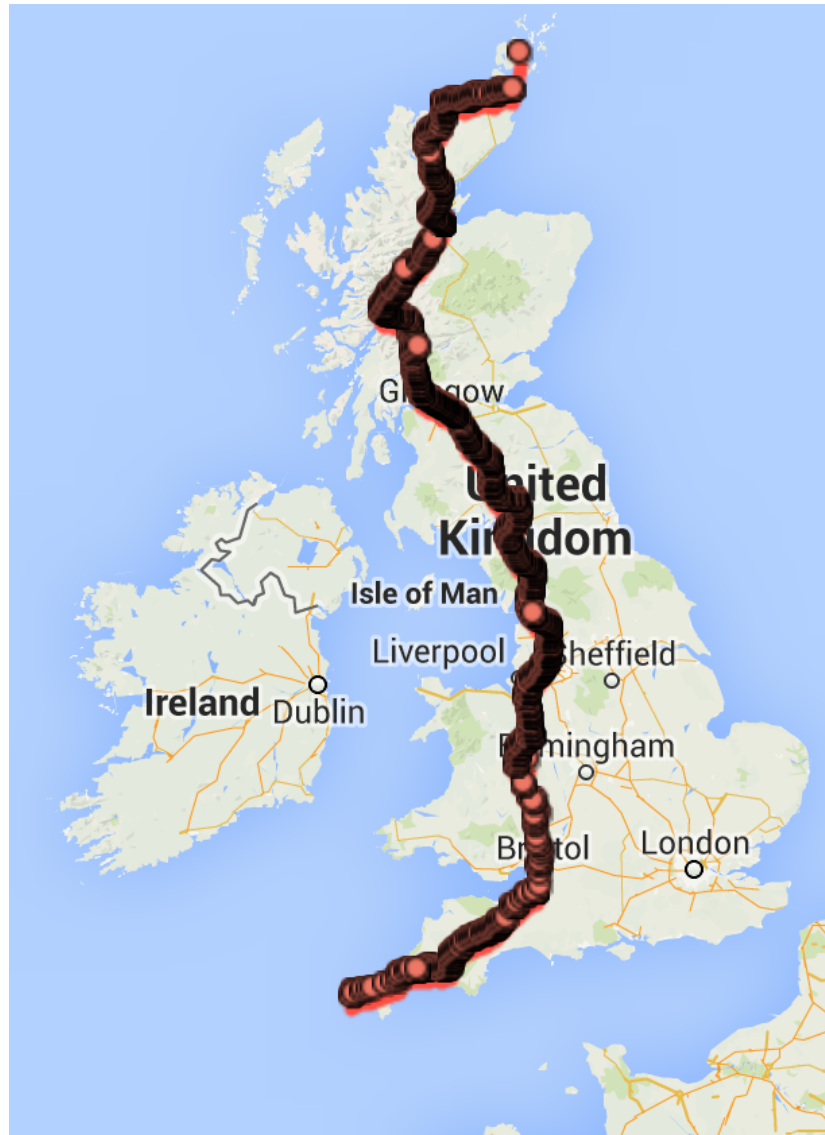
Cycling from Land's End to John O' Groats

- 990 mile route, 14 days, with Dad, Brother, and Tour Group
- 8th to 21st June
- Aim for simple tracking, nothing fancy

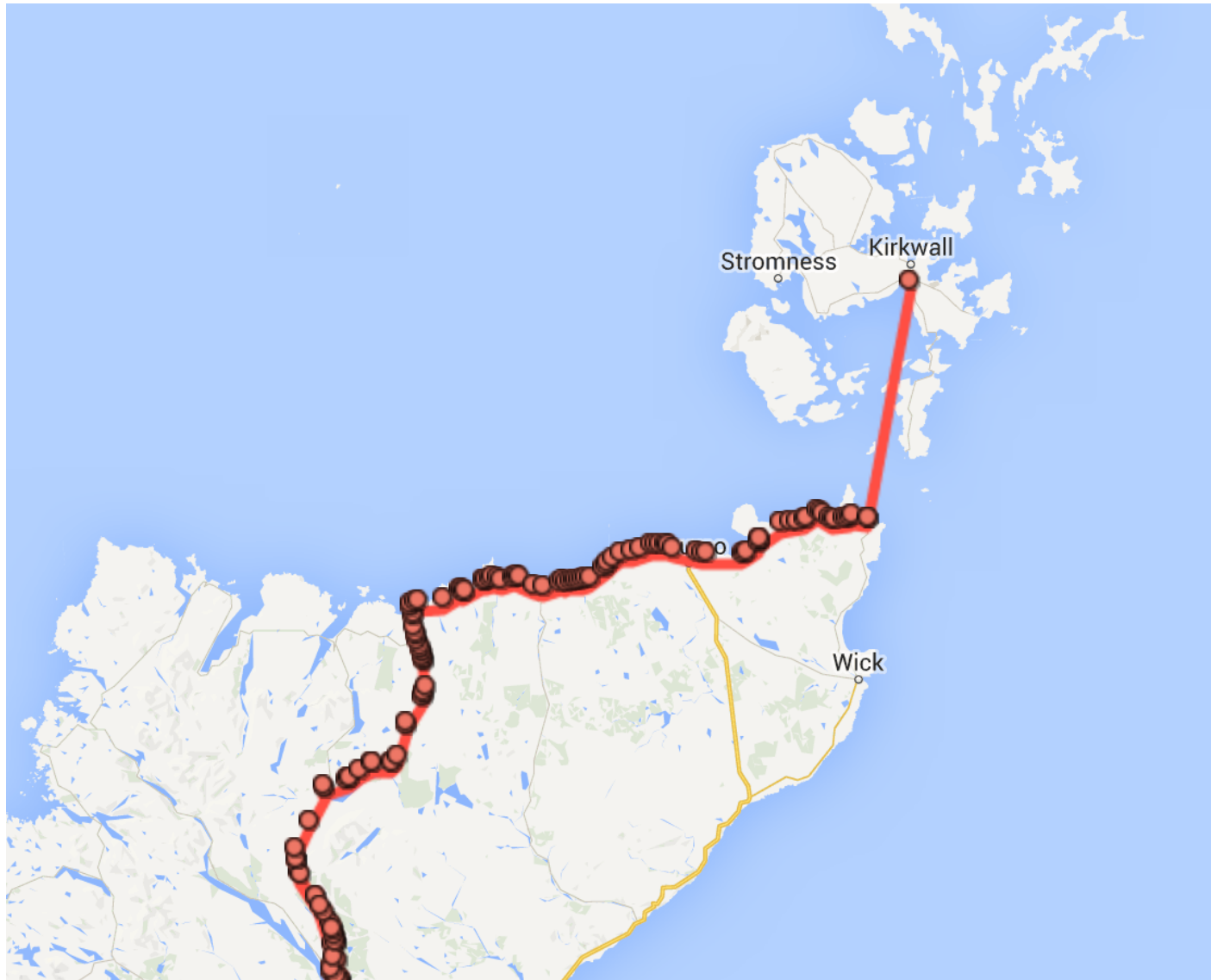
LEJOG Tracking Tools

- **Google Location History** - basic position/time data
- **Garmin** - more precise distance/elevation statistics
- **Lifelog** - continued via some simple shortcuts

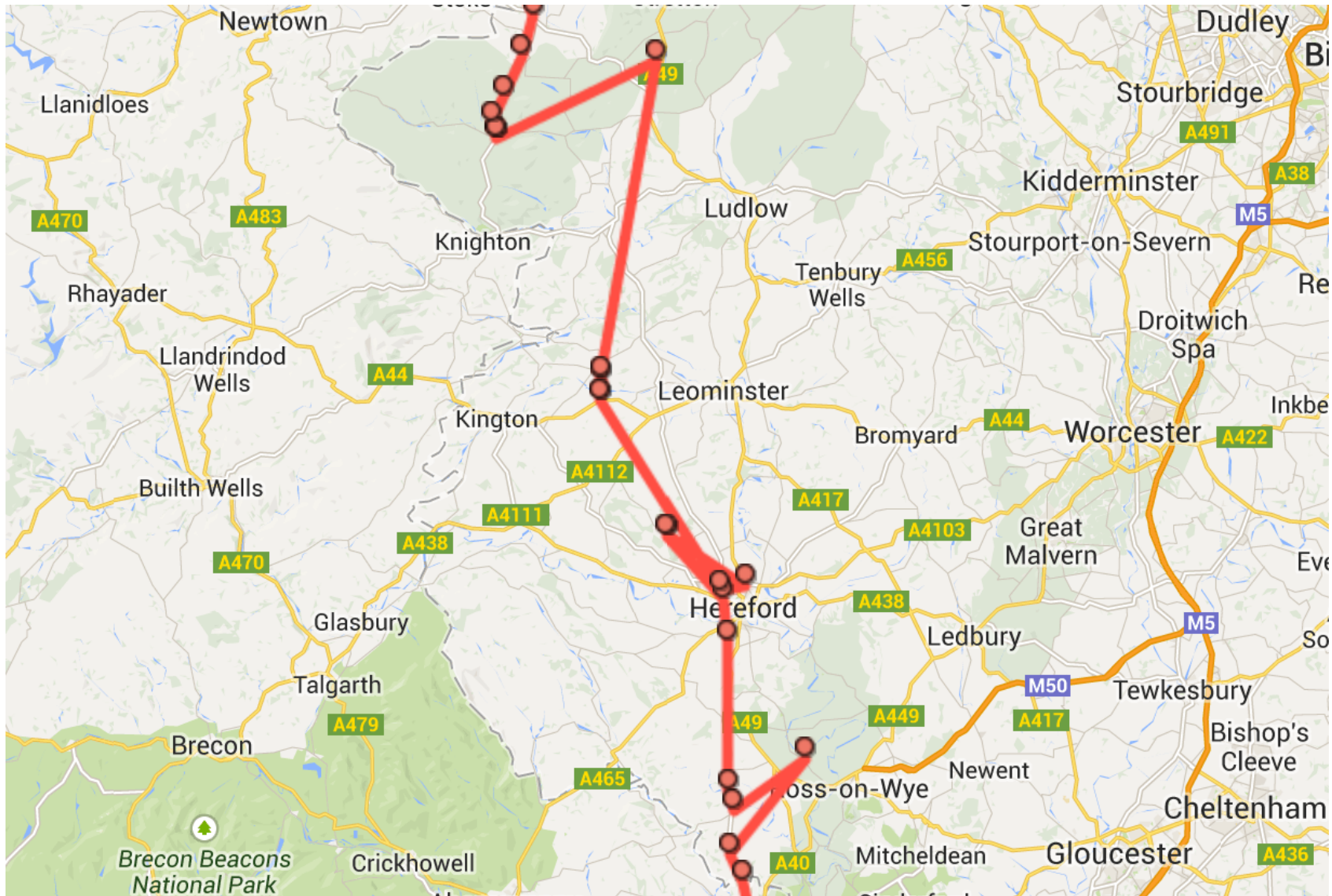
LEJOG Map



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

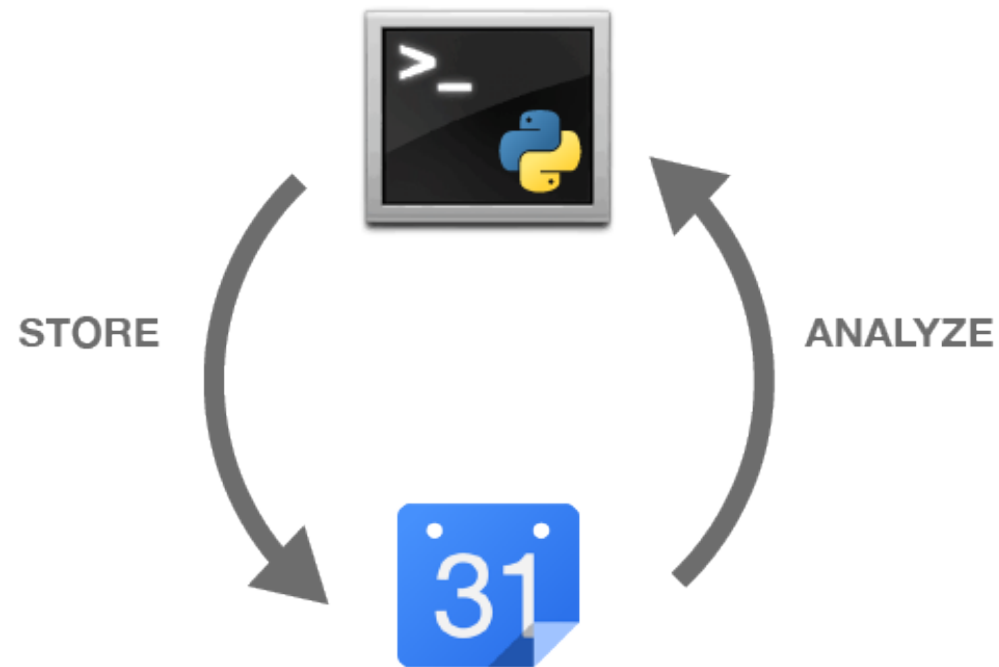
LEJOG Lifelogging

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

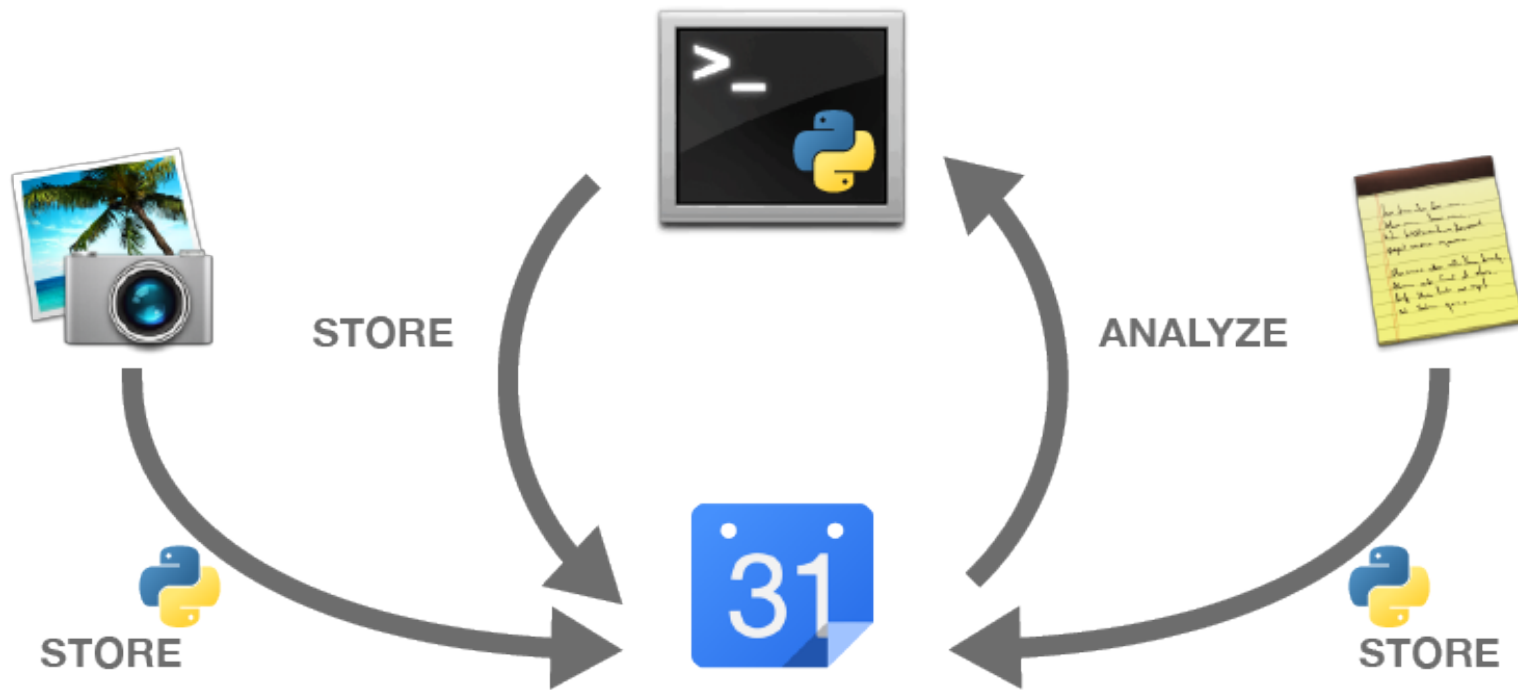
Lifelogger

- Google Calendar data storage, re-built as more user-friendly and faster
- <https://github.com/adamchainz/lifelogger>

Lifelogger Data Flow



Lifelogger Data Flow

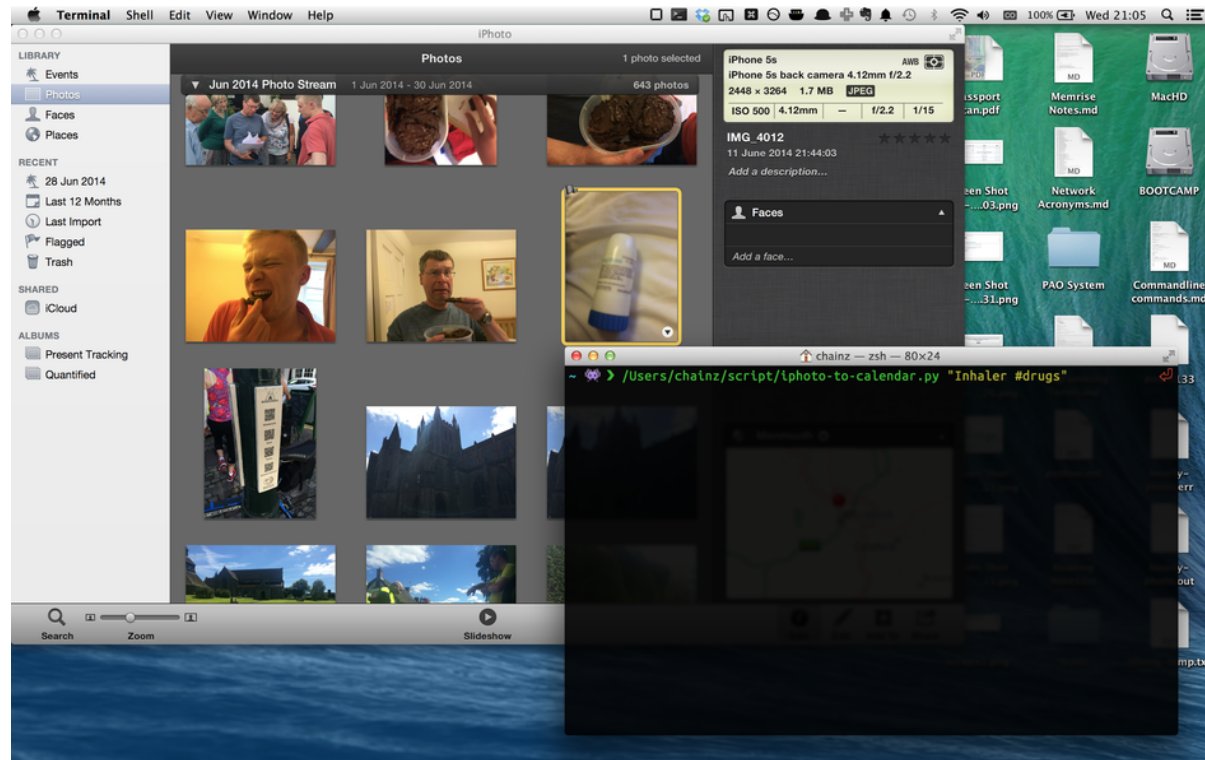


Photos



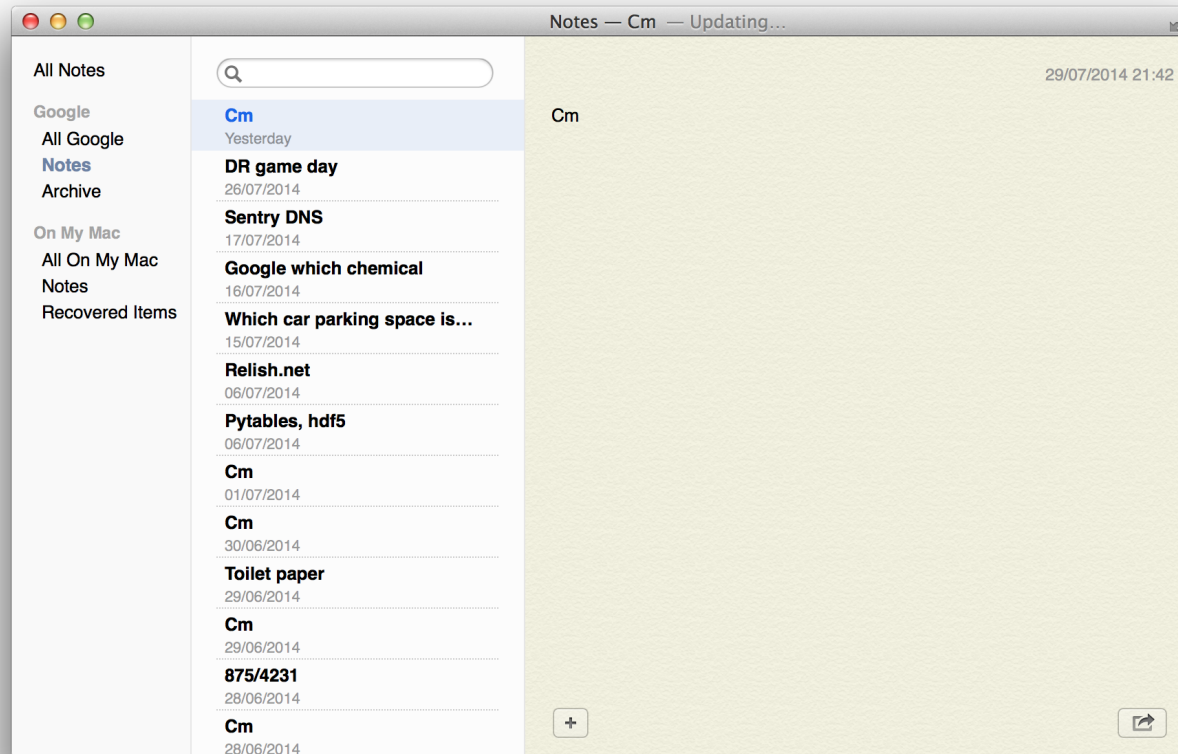
- “Inhaler #drugs”
- © 2014-06-11 21:44:03

Photos



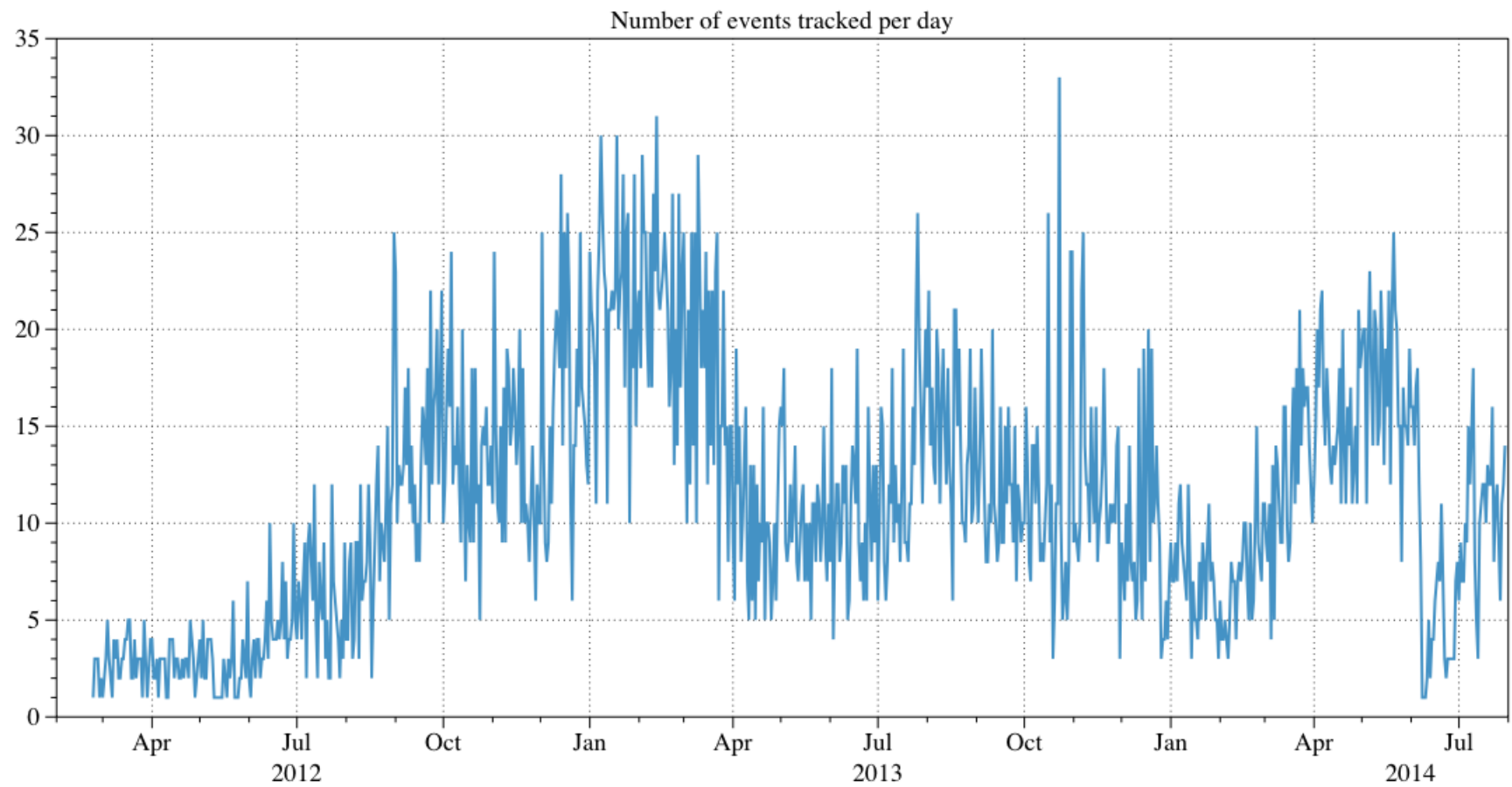
- One key press - macro opens terminal, runs **lifelogger**, my script gets timestamp, adds event to calendar, trashes in iPhoto

Notes

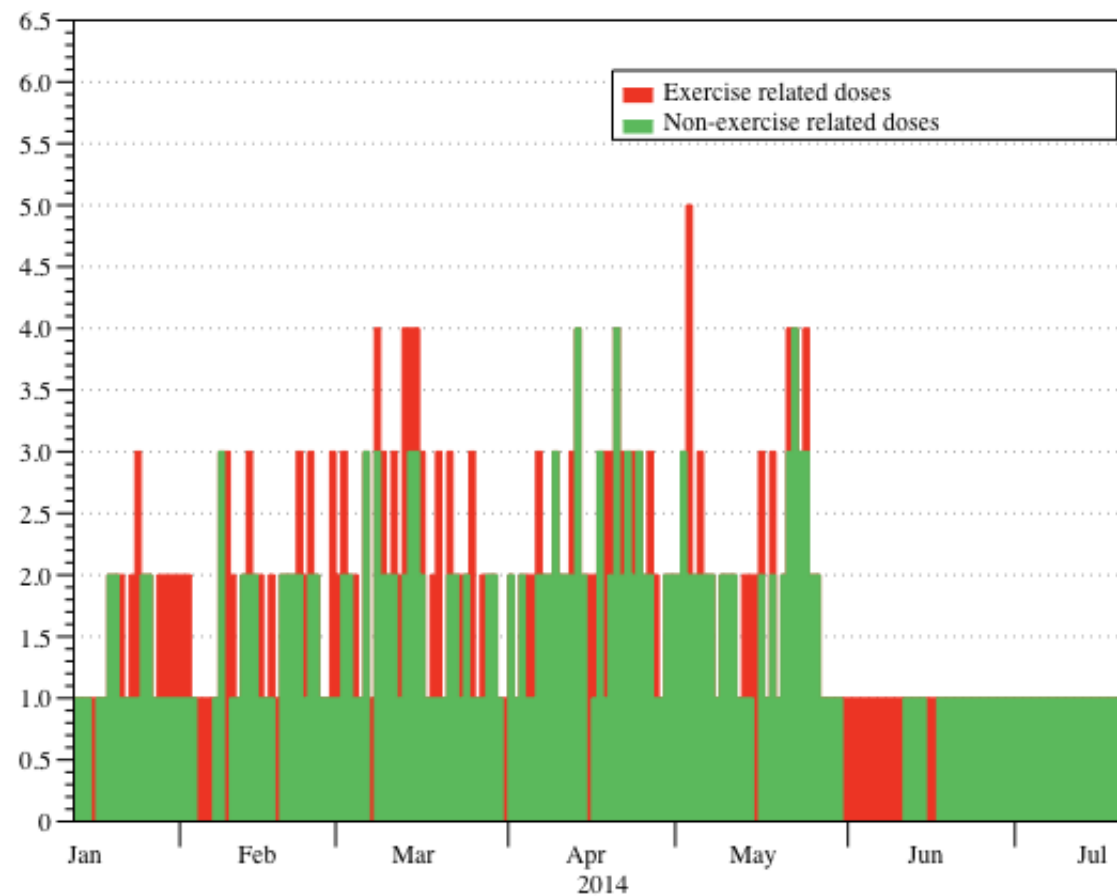


- Same deal - simple notes, less phone space

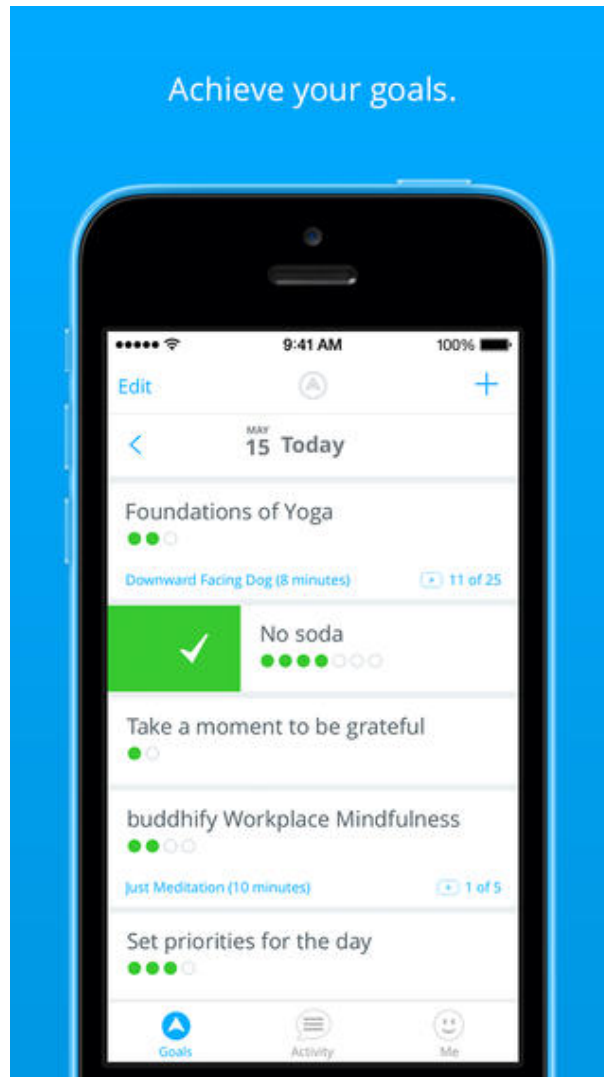
Lifelogger



Lifelogger Asthma



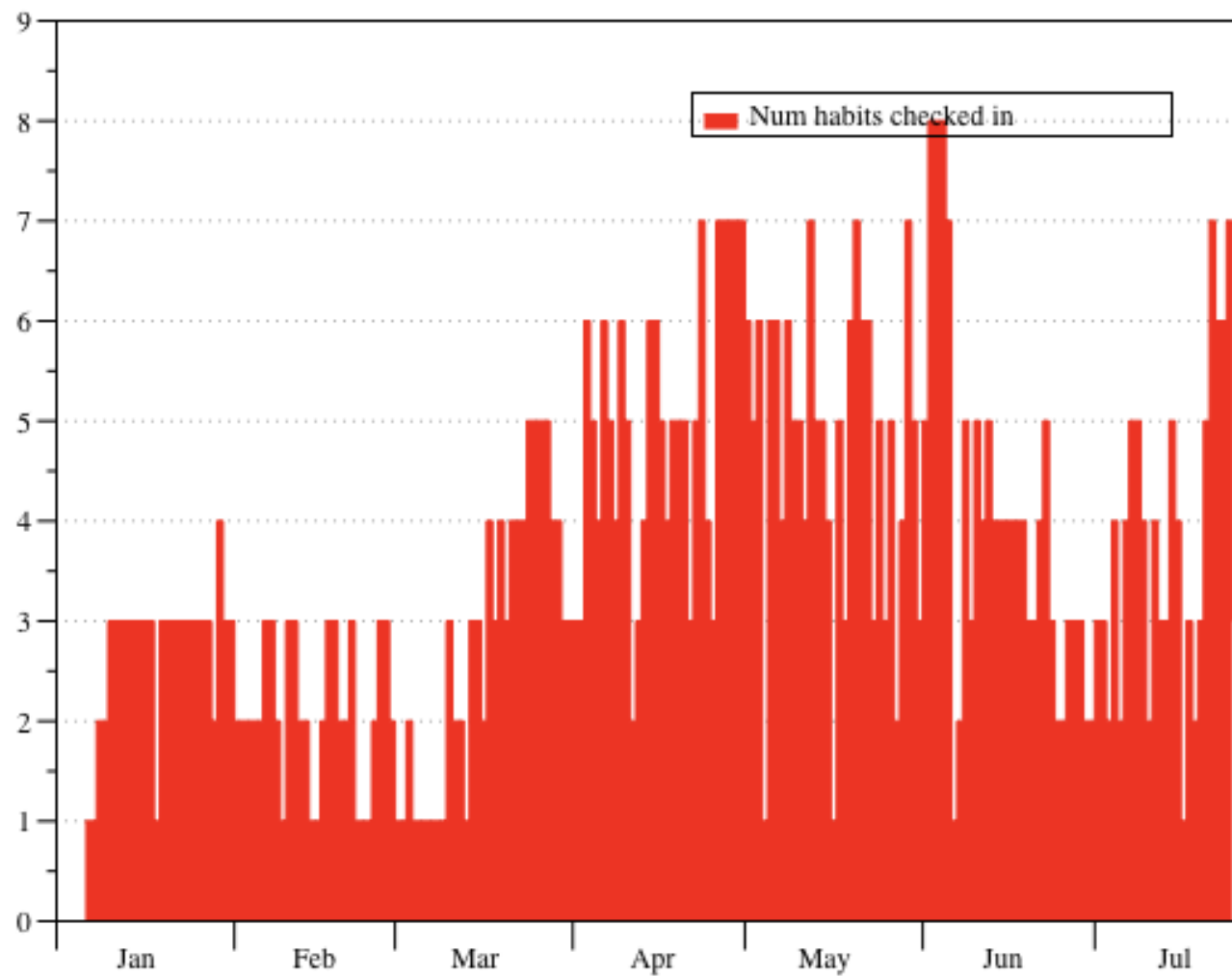
Lift



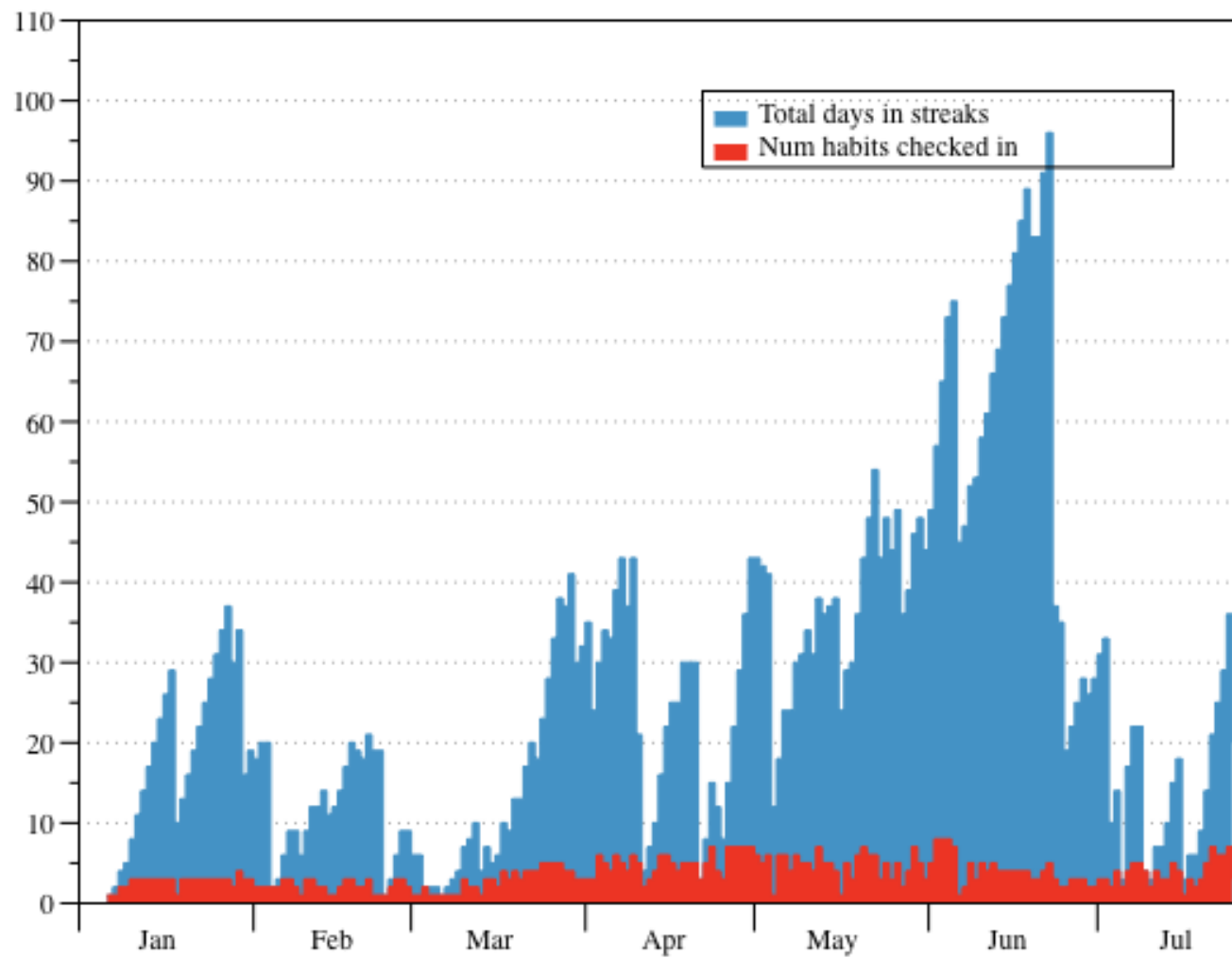
Lift

- 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 :)

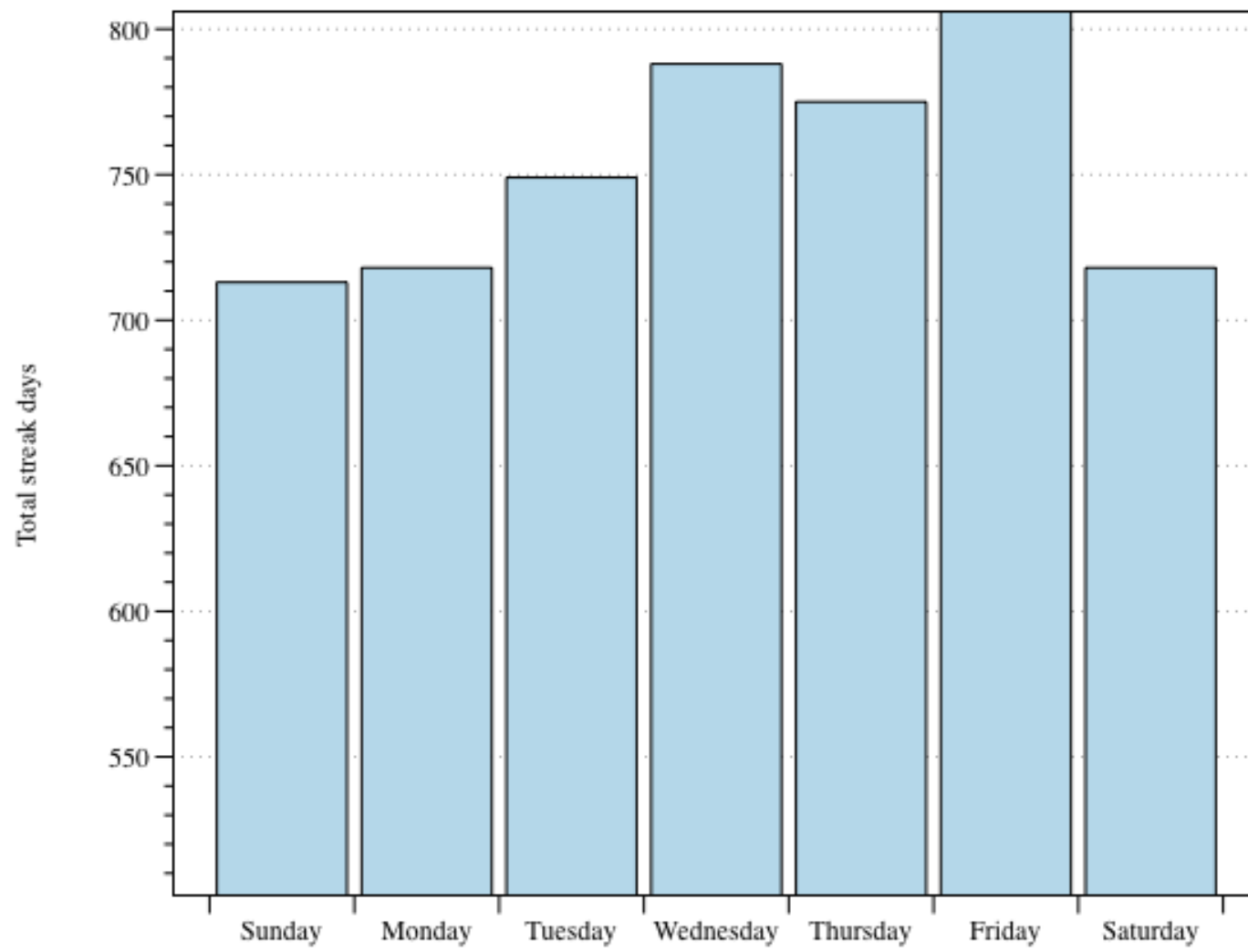
Lift Analysis



Lift Analysis



Lift Analysis



Thank you

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