

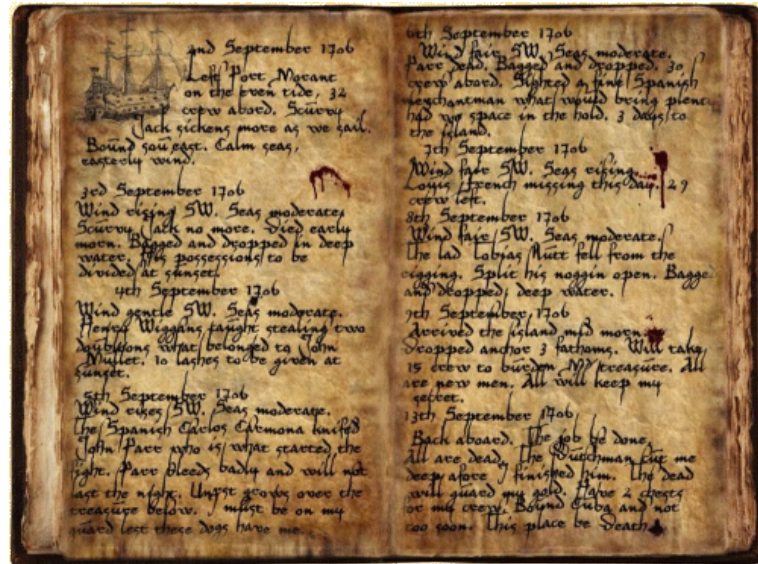
Show and Tell: Google Calendar Lifelog

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7th February 2013

Story

- Travelling for 7 months, writing paper diary



- Loseable! Unsearchable! Sore hand from writing!

Story

- Got to San Francisco, bought iPod

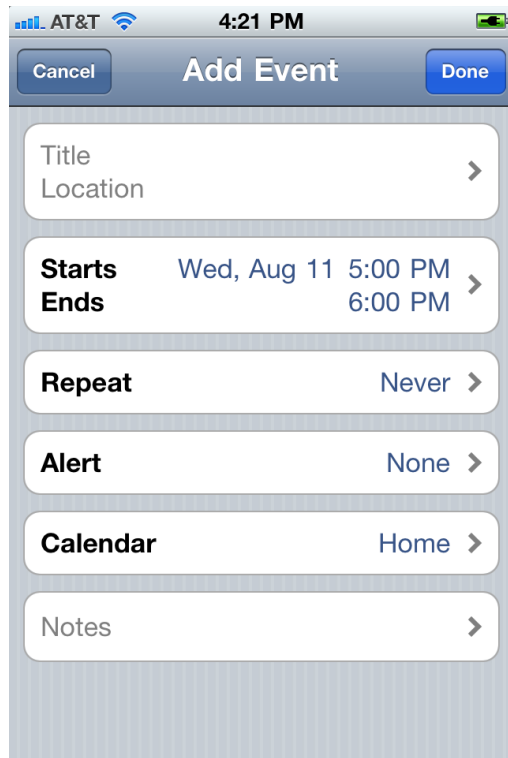


- Backed up, easily searchable, < 1 minute to write entry

Story

- After travelling, continued using Calendar, both as forwards organizational tool and backwards log of what I have done
- After a random asthma attack I decided it would make sense to track my inhaler usage:
Jun 22 04:15 - Jun 22 04:15 Inhaler #drugs
- Steadily more advanced & varied data

Interfaces



The screenshot shows the 'Add Event' screen from an older version of the iOS Calendar app. At the top, the status bar displays 'AT&T', a Wi-Fi signal, and the time '4:21 PM'. Below the status bar is a header with 'Cancel' and 'Done' buttons, and the title 'Add Event'. The main content area consists of several rows, each with a label on the left and a text field on the right with a chevron icon. The rows are: 'Title' and 'Location' (combined), 'Starts' (Wed, Aug 11 5:00 PM) and 'Ends' (6:00 PM), 'Repeat' (Never), 'Alert' (None), 'Calendar' (Home), and 'Notes'. The background is a light blue gradient with a subtle pattern.

- Too slow!

Interfaces

←

SAVE

Discard

Untitled event

17/6/2012

05:30

to

06:30

17/6/2012

Time zone

☐ All day ☐ Repeat...

Event details

Find a time

Where

Video call [Add a Google+ hangout](#)

Calendar

Adam Johnson ▾

Description

- Too detailed!

Interfaces

```
~/D/D/Calendar >>> l now -20 "Coffee #caffeine 150mg #drugs"
```

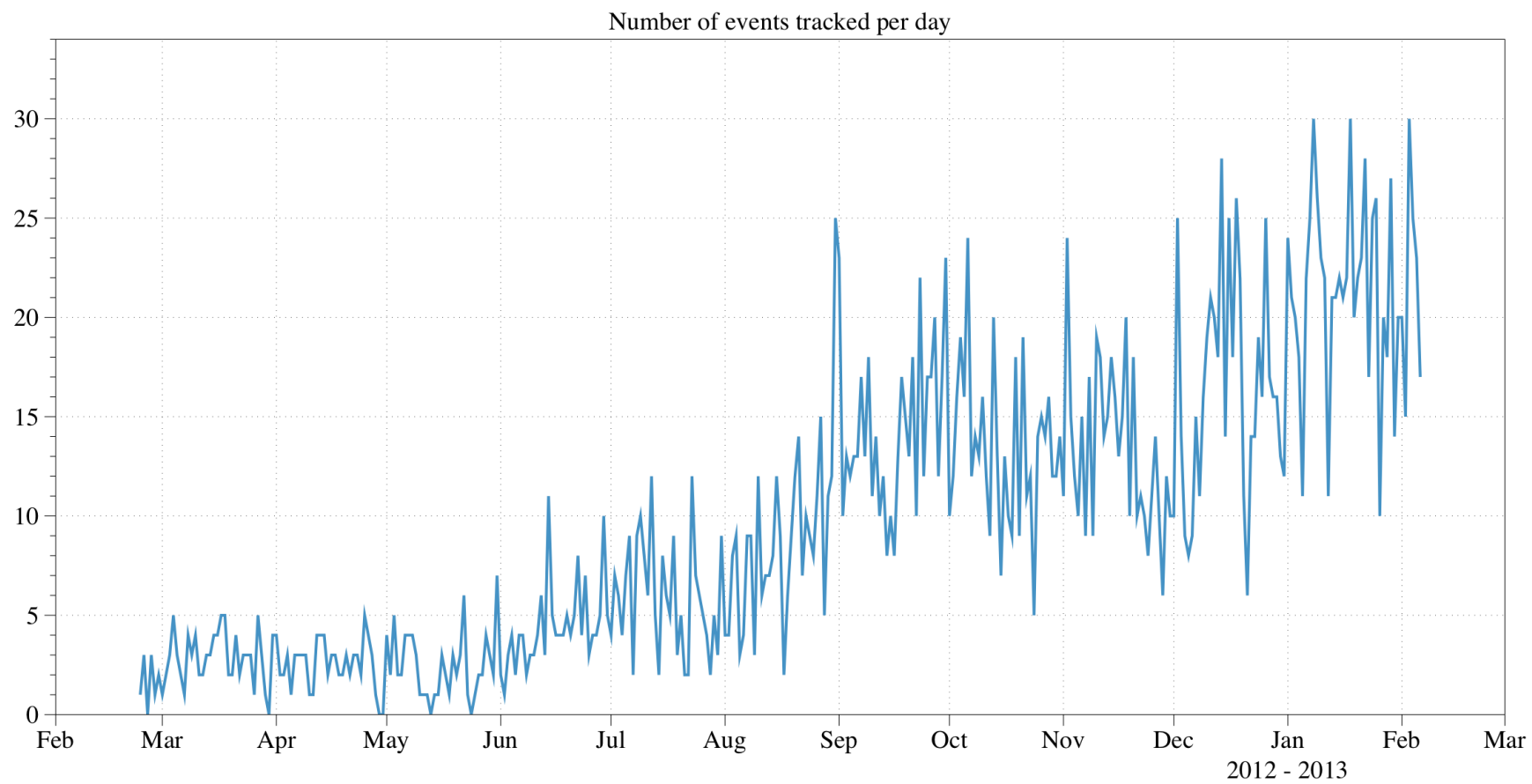
- Just right...
- Custom wrapper script to google's commandline interface
https://github.com/adamchainz/google_lifelog
- Quick-add syntax + shortcuts to 0-minute events, reverse search repeat

Organization

- Hashtags, e.g. **#alcohol, #sleep, #tv**
- Amounts, e.g. **Double Espresso #caffeine 150mg #drugs**
- Variables, e.g. **Rating #sleepiness=2**
- Lazy “I’ll parse it later” attitude

What I am tracking

- Sleep, Drug intake, Hours of work, Social occasions, Exercise, Media consumption, ...
- Incredibly easy to start tracking something new

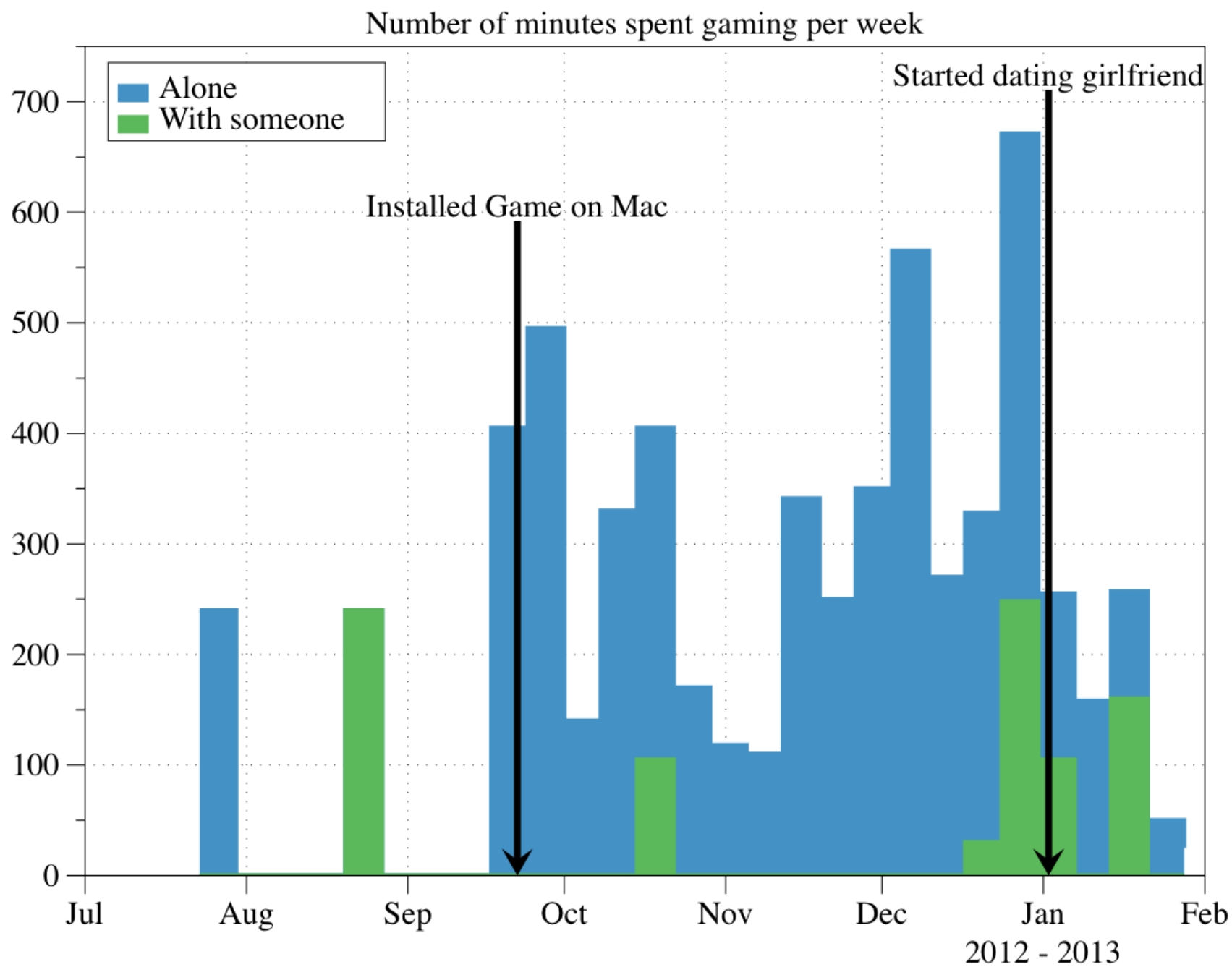


Analysis

- Google let you download the iCal file
- Again my little python script provides analysis commands
- e.g.

```
lifelog bucket days num ".*"
```

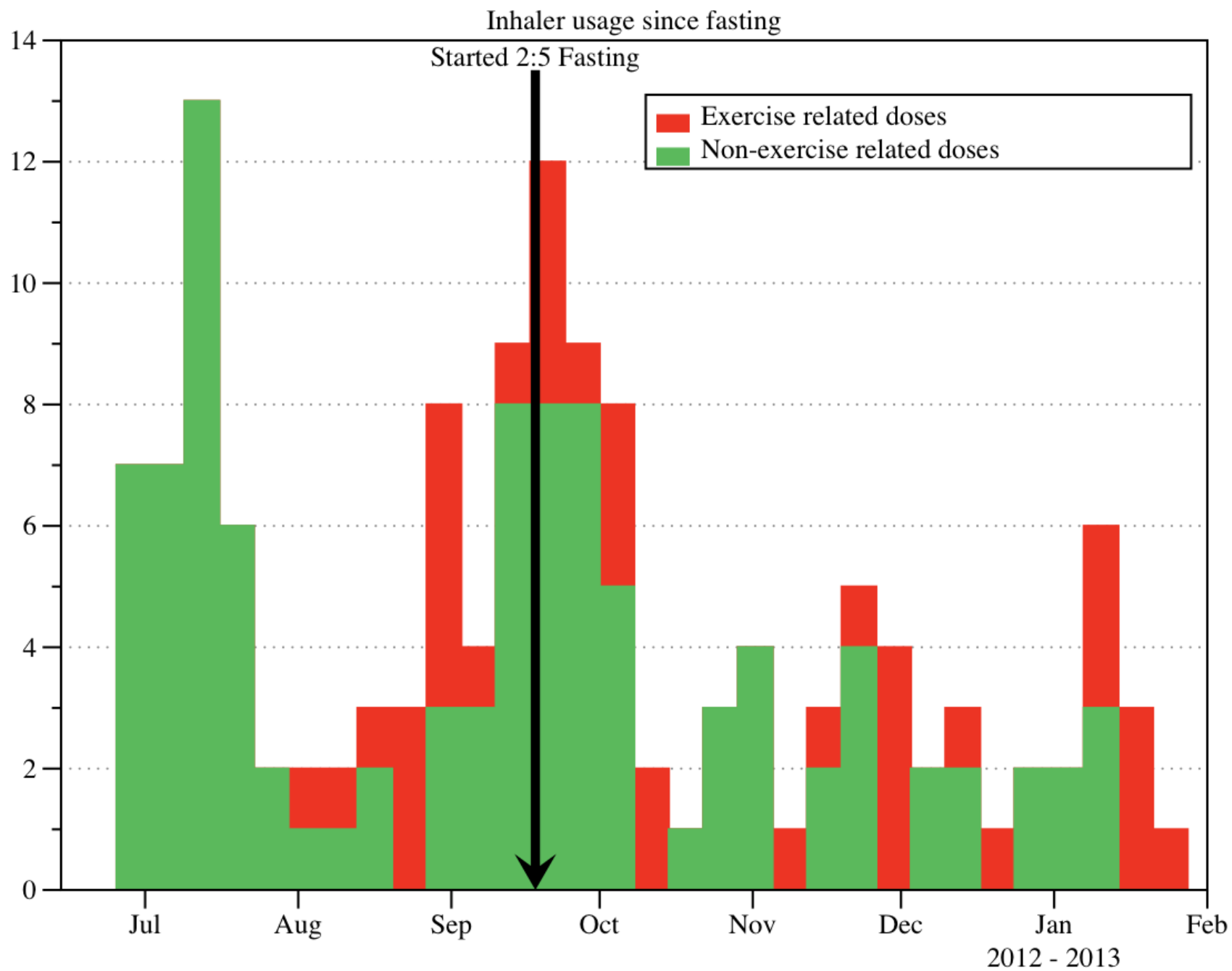
was used for previous graph



Self-experimentation

- Biggest self experiment is 2:5 fasting, started researching and practicing since Horizons documentary I watched after a recommendation at my first QS
- Today is a fast day - haven't eaten yet!
- One paper* suggested that asthma would improve.. has it?

*Alternate day calorie restriction improves clinical findings and reduces markers of oxidative stress and inflammation in overweight adults with moderate asthma

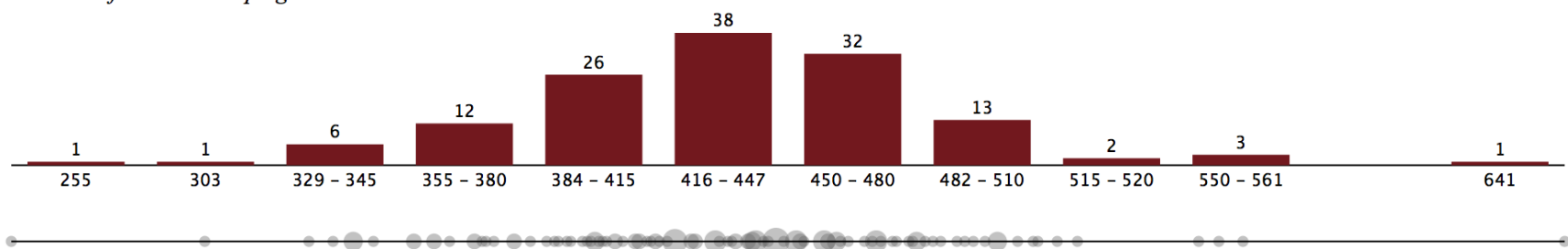


Sleep vs Fasting

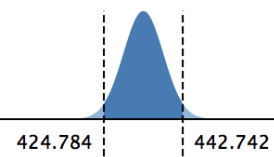
- Most in-depth analysis
- Code to loop through calendar and form table of data
- Use modelling program Wizard to inspect

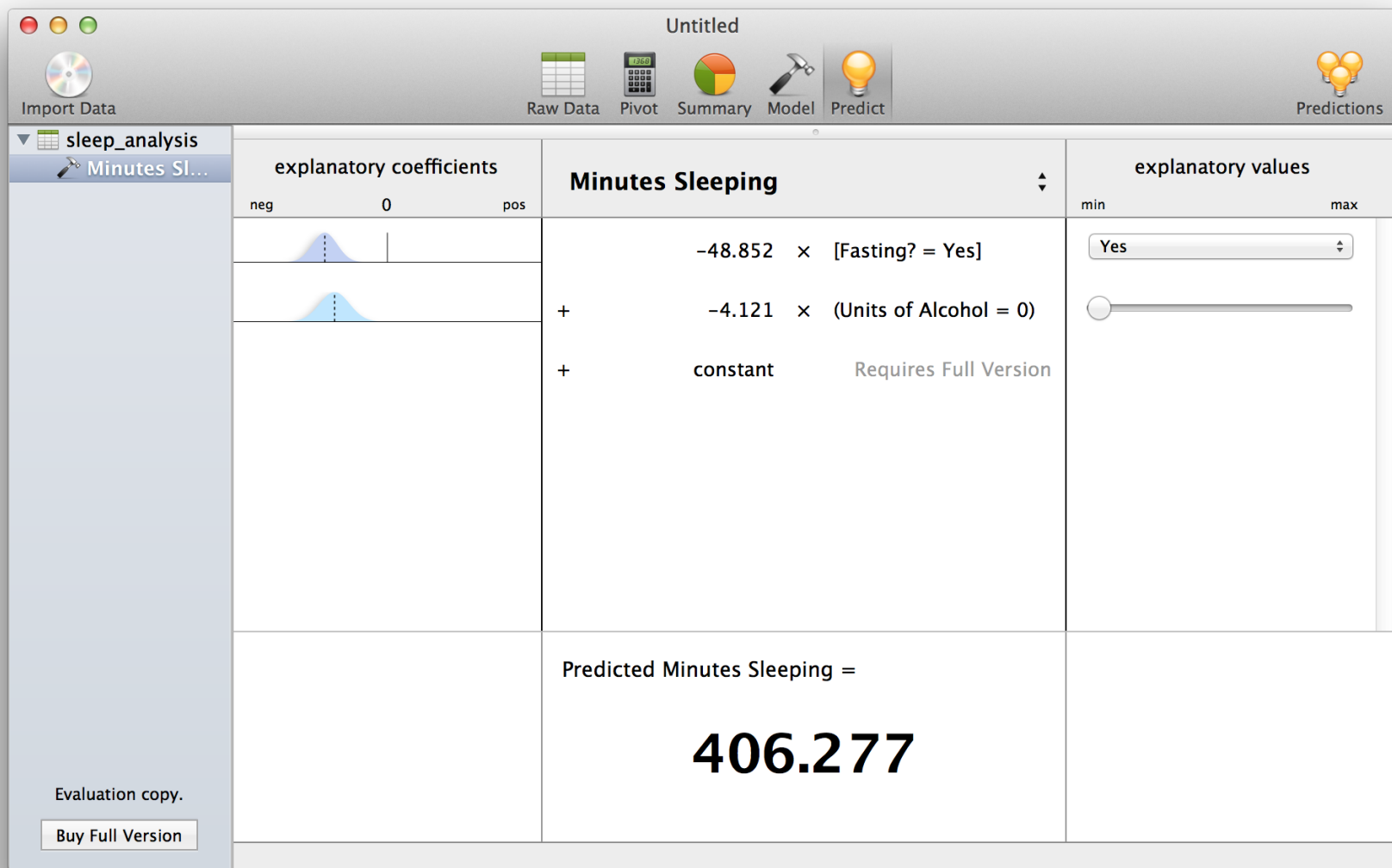
Date	Minutes Sleeping	Minutes Napping	Minutes Normal...	Alone?	Fasting?	mg of Melatonin	Units of Alcohol	mg of Caffeine
2012-09-12	430	0	430	Yes	No	0	0	0
2012-09-13	450	0	450	Yes	No	0	1	0
2012-09-14	470	0	470	Yes	No	0	2	0
2012-09-15	555	0	555	Yes	No	0	4	0
2012-09-16	445	25	420	Yes	No	0	0	0
2012-09-17	440	0	440	Yes	No	0	0	0
2012-09-18	380	0	380	Yes	Yes	0	0	400
2012-09-19	415	0	415	Yes	No	0	0	0
2012-09-20	445	0	445	Yes	No	0	0	200
2012-09-21	360	20	340	Yes	No	0	10	0
2012-09-22	435	0	435	Yes	Yes	0	0	200
2012-09-23	440	0	440	Yes	No	1.5	6	200
2012-09-24	430	0	430	Yes	No	0	0	0
2012-09-25	390	0	390	Yes	Yes	0	0	200
2012-09-26	425	0	425	Yes	No	0	0	0
2012-09-27	450	0	450	Yes	No	0	0	0
2012-09-28	445	0	445	Yes	No	0	7	0
2012-09-29	340	0	340	Yes	Yes	0	0	200
2012-09-30	420	0	420	Yes	No	0	0	200
2012-10-01	500	60	440	Yes	No	0	3	0
2012-10-02	405	0	405	Yes	Yes	0	0	200
2012-10-03	445	0	445	Yes	No	0	0	150
2012-10-04	340	0	340	Yes	No	0	11	200
2012-10-05	505	0	505	Yes	No	0	6	800
2012-10-06	370	0	370	Yes	No	0	11	0
2012-10-07	420	0	420	Yes	No	0	4	0
2012-10-08	405	0	405	Yes	No	0	0	0
2012-10-09	420	0	420	Yes	Yes	0	0	600
2012-10-10	490	0	490	Yes	No	0	0	200
2012-10-11	430	0	430	Yes	No	0	6	200
2012-10-12	550	0	550	Yes	No	0	0	400
2012-10-13	400	0	400	Yes	No	0	4	0
2012-10-14	440	0	440	Yes	Yes	0	0	200
2012-10-15	430	0	430	Yes	No	0	0	150
2012-10-16	460	0	460	Yes	Yes	0	0	550
2012-10-17	482	0	482	Yes	No	0	3	150
2012-10-18	370	55	315	Yes	Yes	0	0	150
2012-10-19	500	35	465	Yes	No	3	6	0

Distribution of Minutes Sleeping



Estimated mean = 433.763 ± 8.979





Thank you

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