Today's Data

Sleep (hr)	
read (min)	
Mindfulness (min)	0
work (hr)	
yoga (0/1)	
gym (0/1)	
diet (0/1)	
restraint (0/1)	
Step Count (count)	0
Dietary Water (oz)	0
Weight & Body Mass (lb)	0

Submit	Cancel

The Quantified Self

Optimizing health by learning from the past

Welcome Chris Karwin

Today is January 10, 2021

What would you like to do?

Input Data	Evaluate Self	Self-Reflection	More Info	Exit

Health Evaluation

Scale 0-10

Physical Health

Mental Health

Spiritual Health

Happiness

Submit	Cancel

Self-Reflection

Click a tracker

Sleep
read
Mindfulness
work
yoga
gym
diet
restraint
Step Count
Dietary Water
Weight & Body Mass
Physical Health

○ D ○ W ○ M ○ Y ● A

Exit