

The Ultimate Guide to **The Quantified Self**

By  Narrato

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What is the Quantified Self?

The Quantified Self is
about obtaining **self-**
knowledge through
self-tracking

Self-tracking is also referred to as lifelogging, self-analytics, or self hacking

It's all about acquiring
data about your life

What kind of things do people track?

Mood



Food



Activity



Productivity



Sleep



Weight



And sometimes....

The nasty stuff



What's the point?
Why track?

*“If you cannot measure
it, you cannot improve
it.”* Lord Kelvin

Businesses use data to
inform their decisions

Self tracking is like that,
but for your life

The data gives you
insights into how small
changes can make **big**
differences

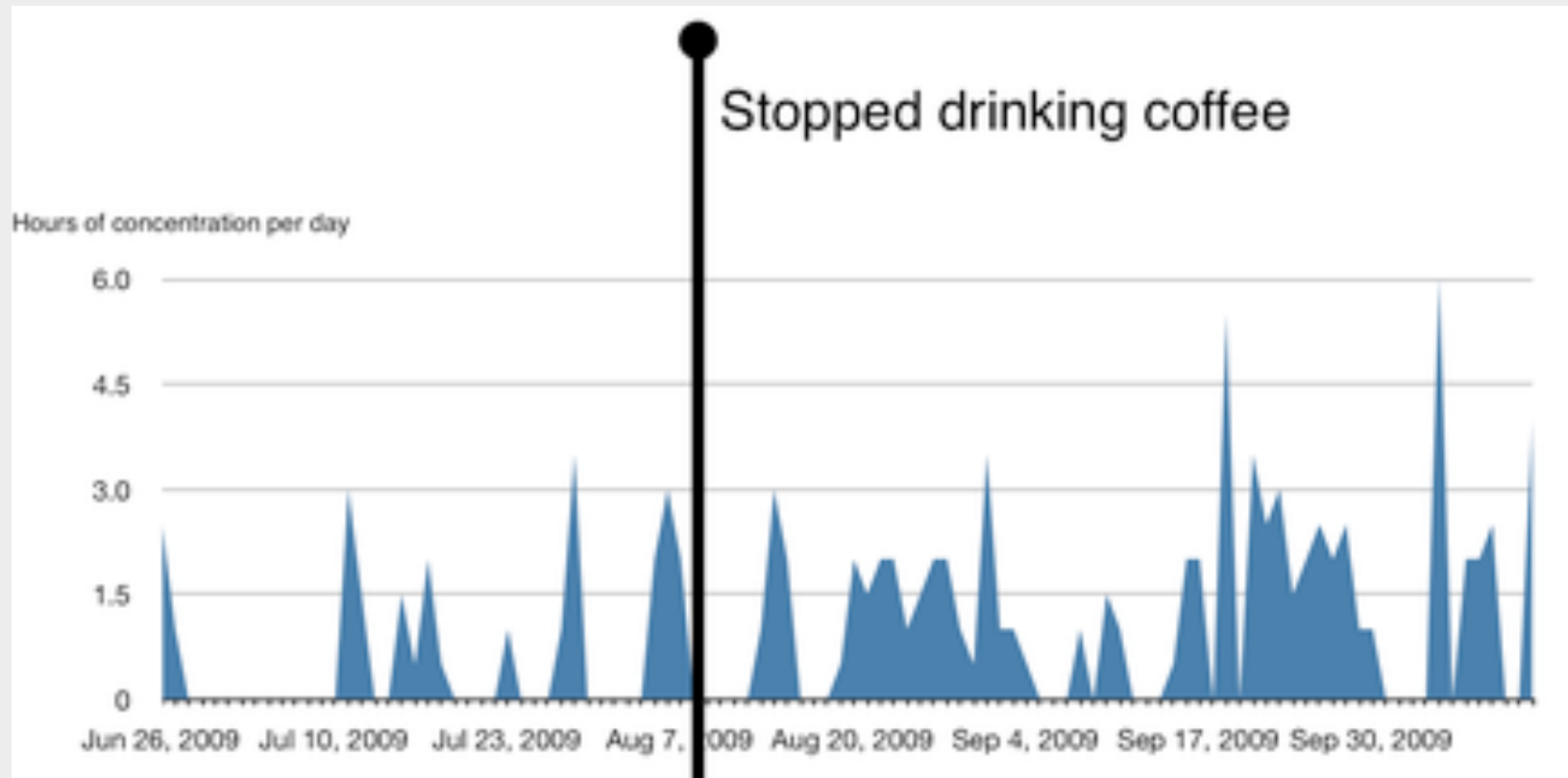
The data allows you to
make better decisions
and live a better life

Did that cup of coffee
make you more
productive?

You'd think so, right?

You might be wrong...

There's no need to guess



**Why is self-tracking
so interesting all of a
sudden?**

It isn't new

In fact, 69% of adults
in the US already track
a health metric

(Data from research by Pew)

but most of them do it
manually or in their
heads

Cheap sensors, cloud
computing, and other
technologies are
changing things

Tracking now takes
less effort and is more
beneficial

Some tools let you
track *completely*
passively

Self-knowledge,
through **doing**
nothing!

Popular Self Tracking tools

Mood



Moodlytics



MoodPanda



In-flow



Mood Watch

Food



MyFitnessPal



(Daily Burn)

Activity

FitBit



Nike FuelBand



Jawbone Up

BodyMedia



Run Keeper



Moves



Productivity



RescueTime



Time Doctor

Sleep



SleepCycle



Jawbone Up



Zeo



Sleep as Android

FitBit



Weight



Withings



FitBit



MyFitnessPal



Lose It!

Heart & Blood

BodyMedia



Basis



Cardiio



BlipCare



Mio

Other Stuff



Period Tracker

Coffee Counter



Asthma Tracker



Drink Tracker

General tracking



TicTrac

Ask
Me
Every



Microsoft Excel

And of course...

The nasty stuff

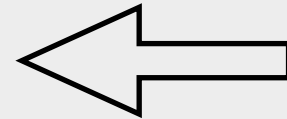
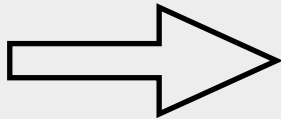


**This is just the
beginning**

**Tracking is
becoming effortless**

and more valuable

So watch this space





Narrato

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