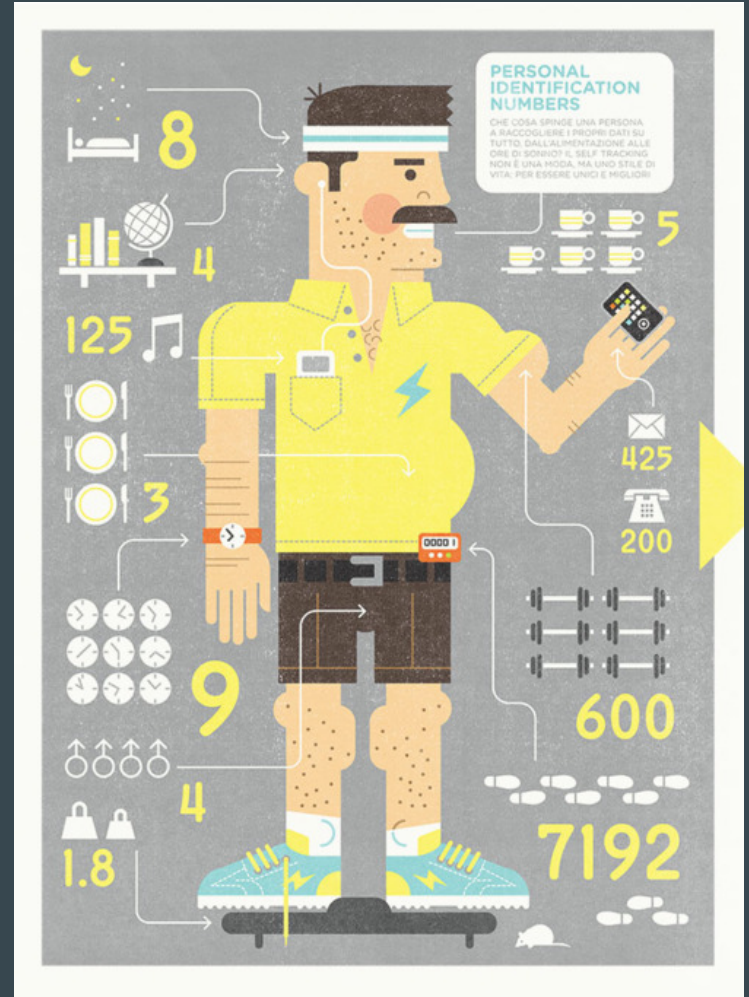


The quantified self

...

Brian Caffo

A new era in self measurement



http://media.tumblr.com/tumblr_m2mh0fYKzG1qbs8du.jpg

Public data?



<http://previews.123rf.com/images/zetwe/zetwe1302/zetwe130200034/17925234-beggar-Stock-Vector-poor-man-cartoon.jpg>

MyFitnessPal

https://www.reddit.com/r/Fitness/comments/2k3qht/myfitnesspal_data_in_r/



SampleData

<http://bit.ly/1NEtfSa>

Activity monitoring



<http://www.atcis.net/images/detective.gif>

Sample data

<http://bit.ly/1j1gp5b>



Questions

- Make a data product (shiny app) to help MyFitnessPal users visualize their data
 - Low hanging fruit - regression model for predicting weight loss rate relative to goal rate
- Make a data product to help fitbit users find patterns in their data
 - Low hanging fruit - discover and display interesting temporal activity patterns
 - “You tend to go to bed at ...”
 - “You tend to wake up at ...”
 - “Your most active period of the day is ...”

**Links to all datasets and more
information can be found at:
bit.ly/jhudashboard**