

Software for Self-Trackers turning Self-Hackers

a proposal by

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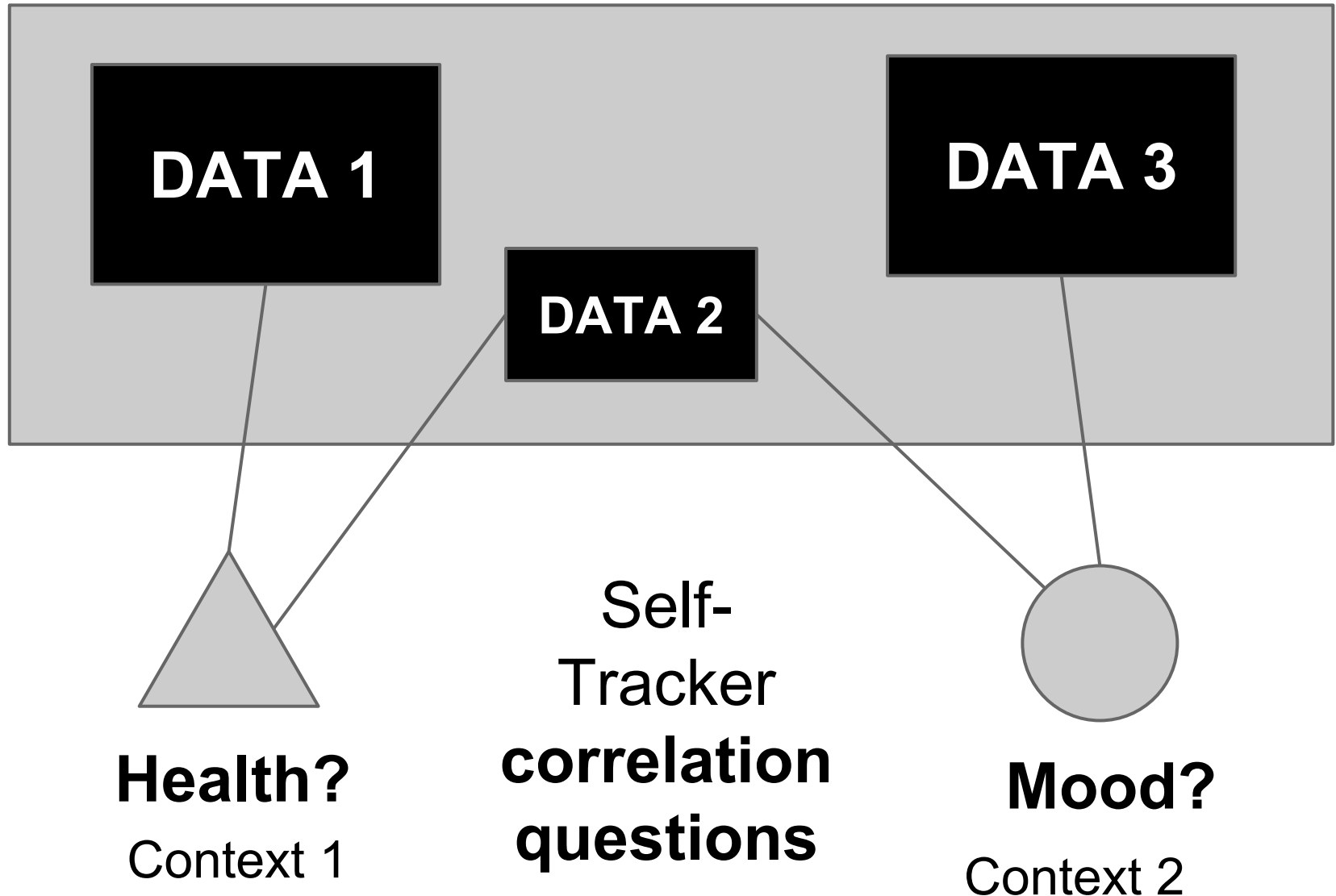
NOBLACKBOX Cambridge Ltd



“Hypertext, in its most general sense, allows content to appear in different contexts”

[Marshall and Shipman 1995]

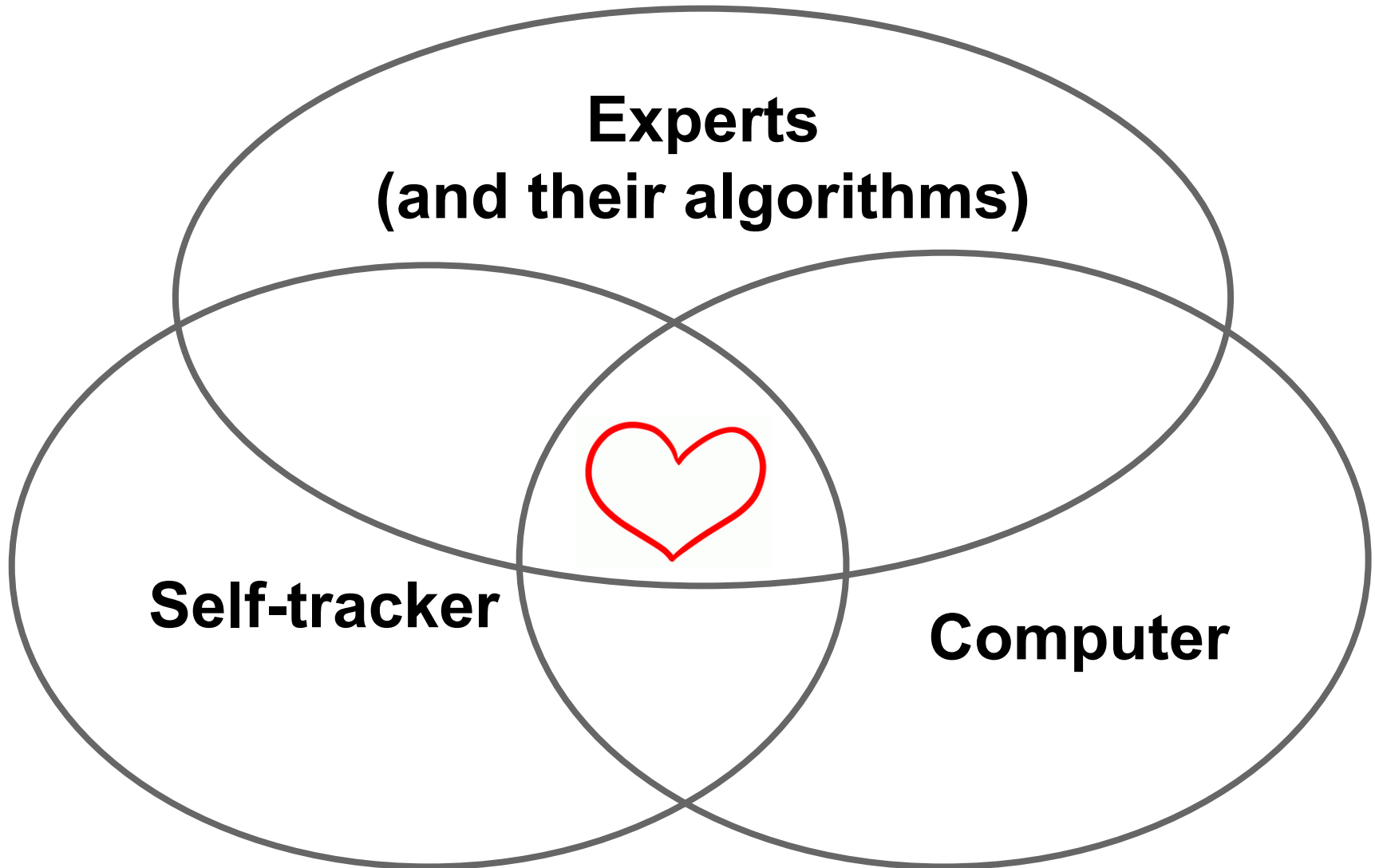
Come again?



Software requirements?

“You know, like
something from
Minority Report..?”

Software stakeholders



Example time!

“Any correlations
between diet and
mood?”

Example:

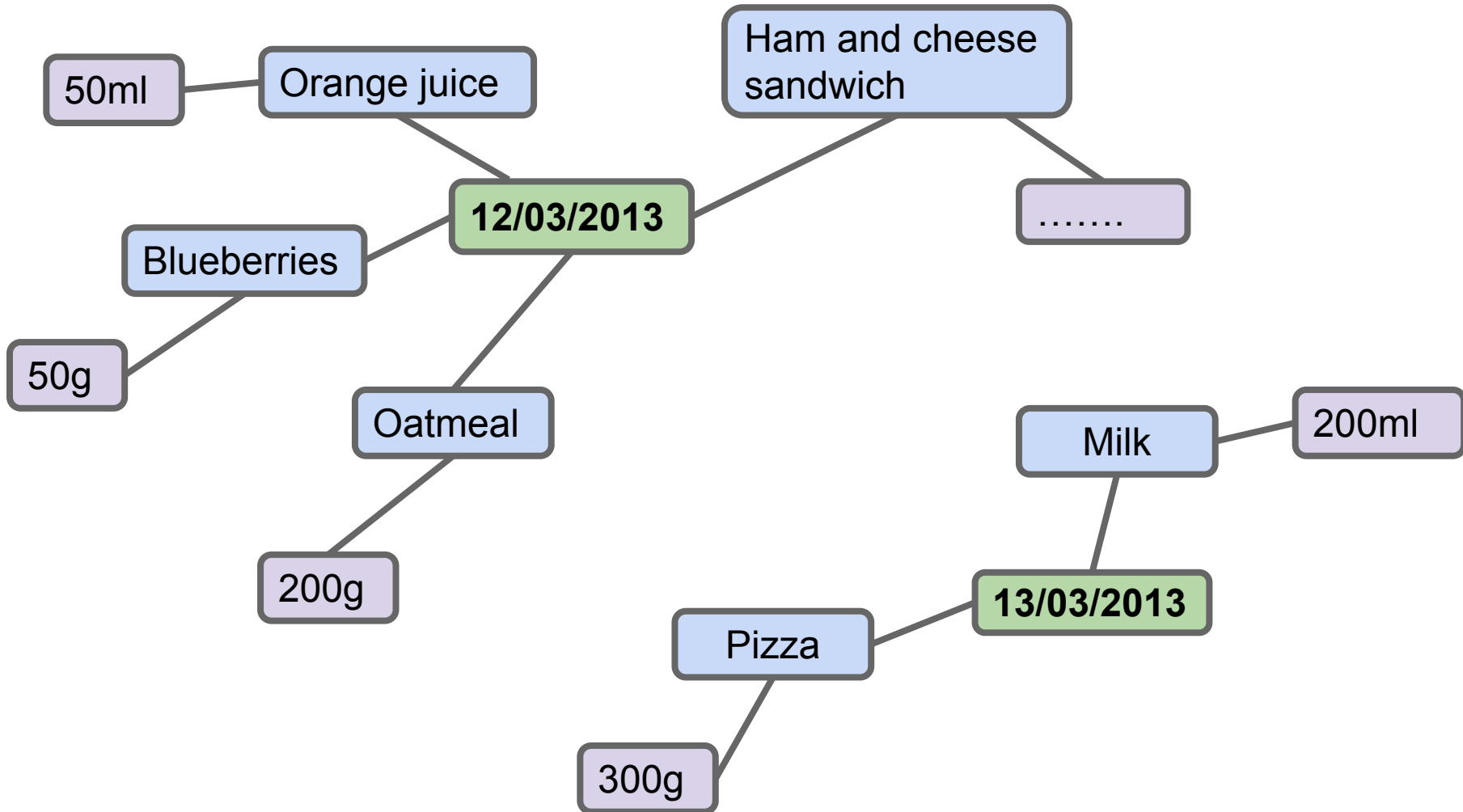
understanding diet I

App output
(very friendly app?)

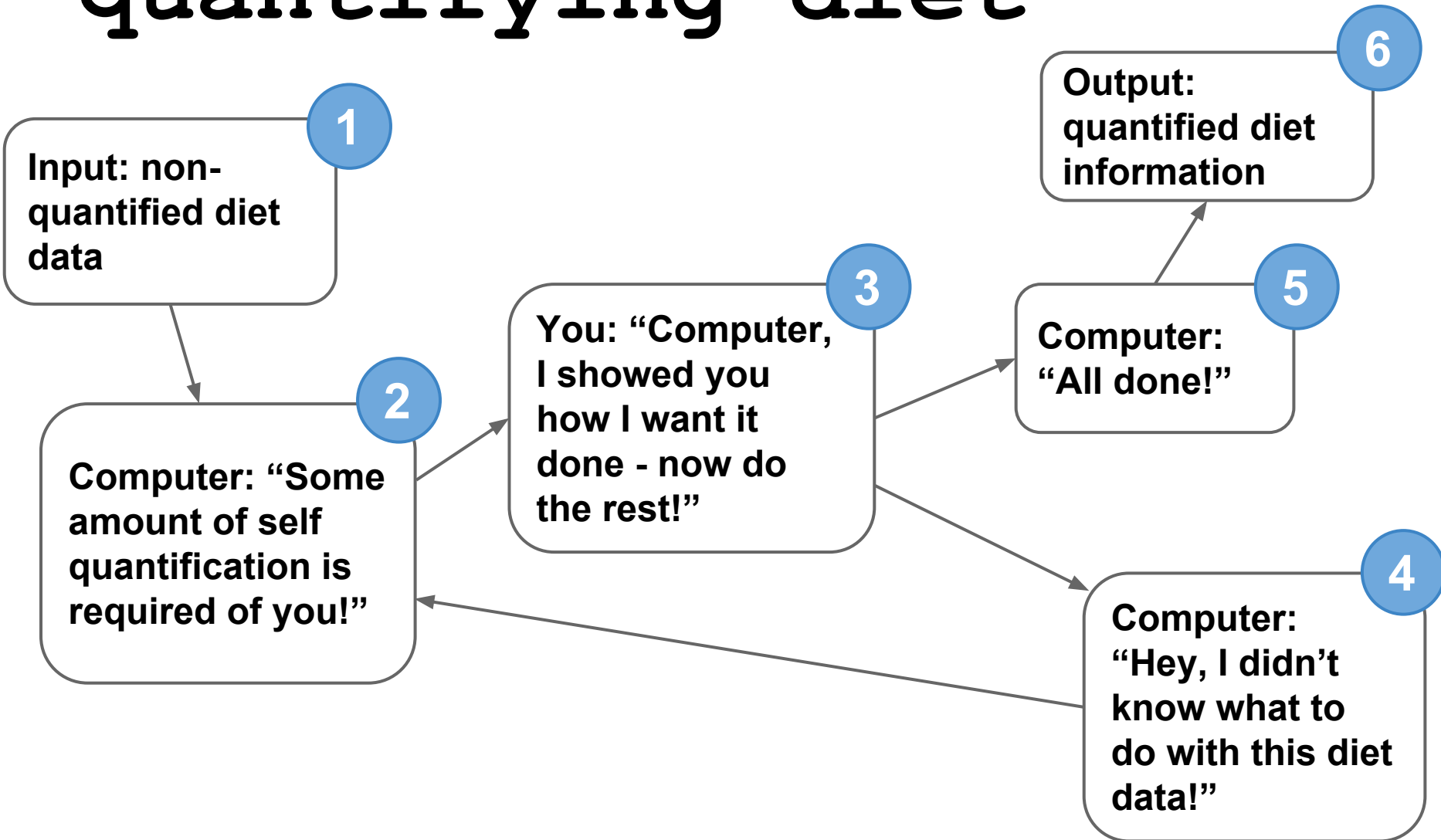
12/03/2013	Oatmeal;200g, blueberries;50g, orange juice;50ml,ham and cheese sandwich; ...
13/3/2013	Pizza;300g, Milk;200ml, ...

Example:

understanding diet II

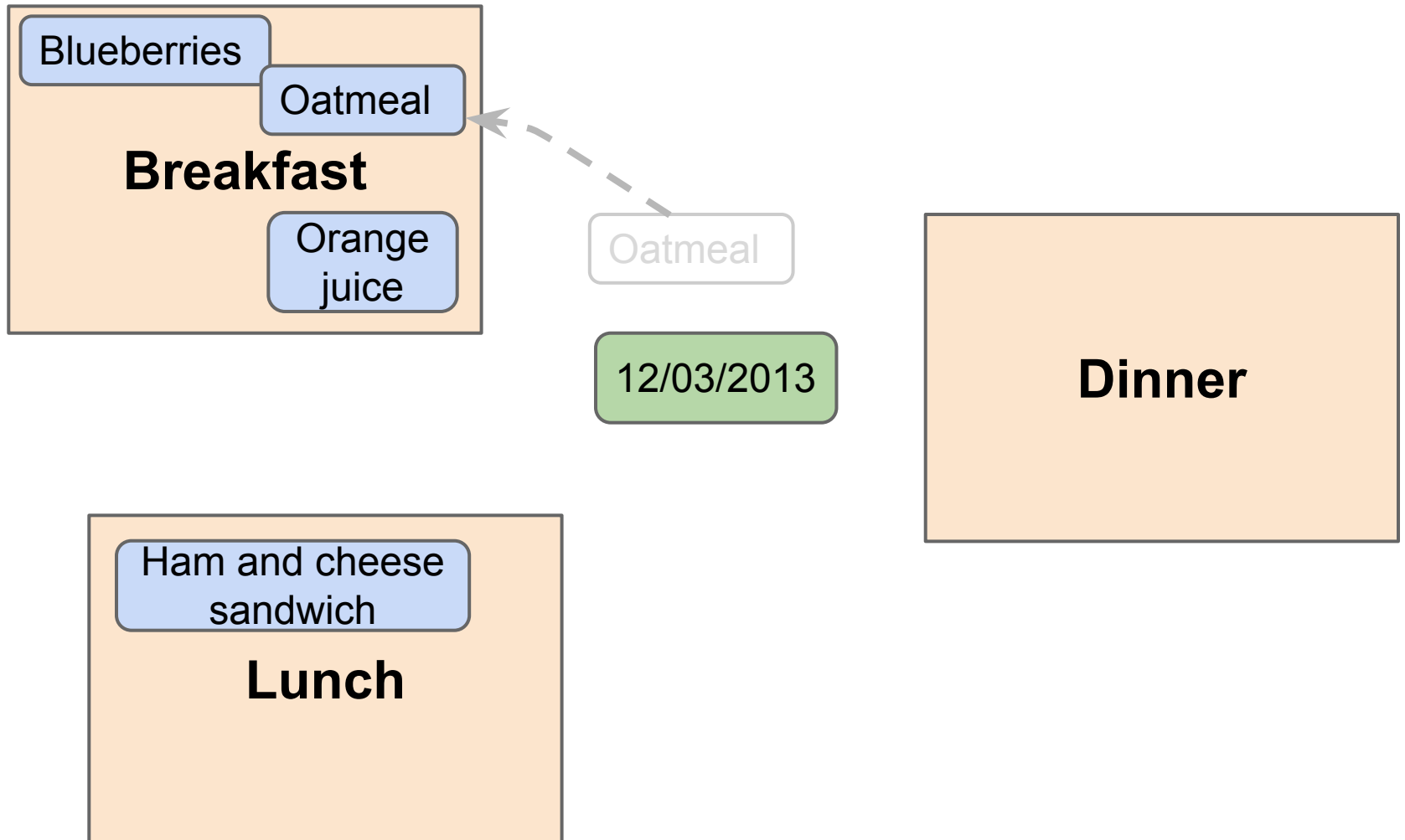


Example: quantifying diet



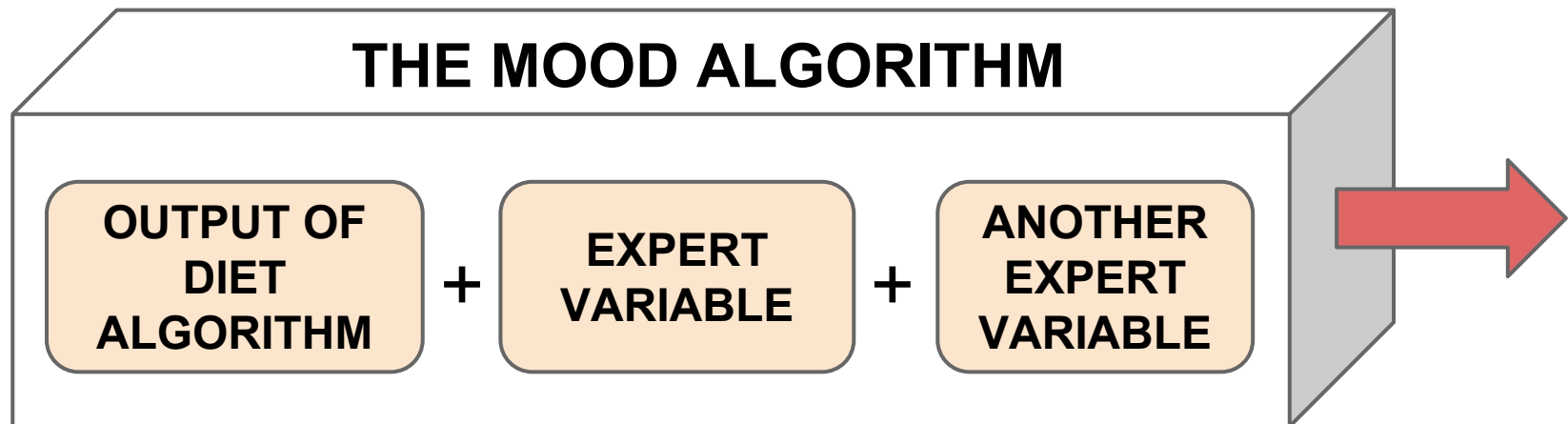
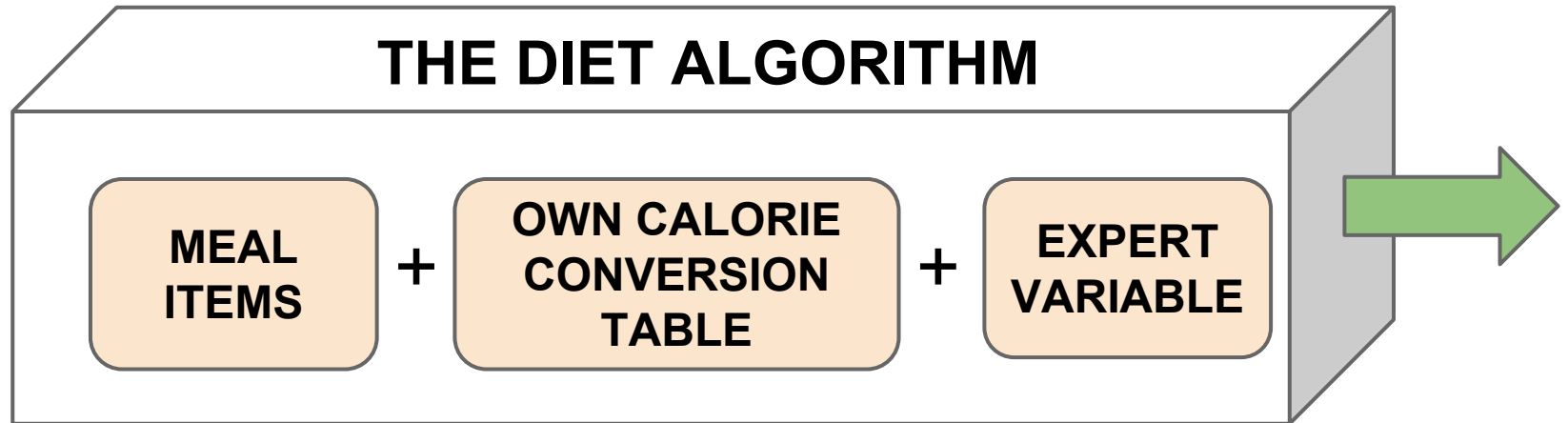
Example:

Self-tracker at work..

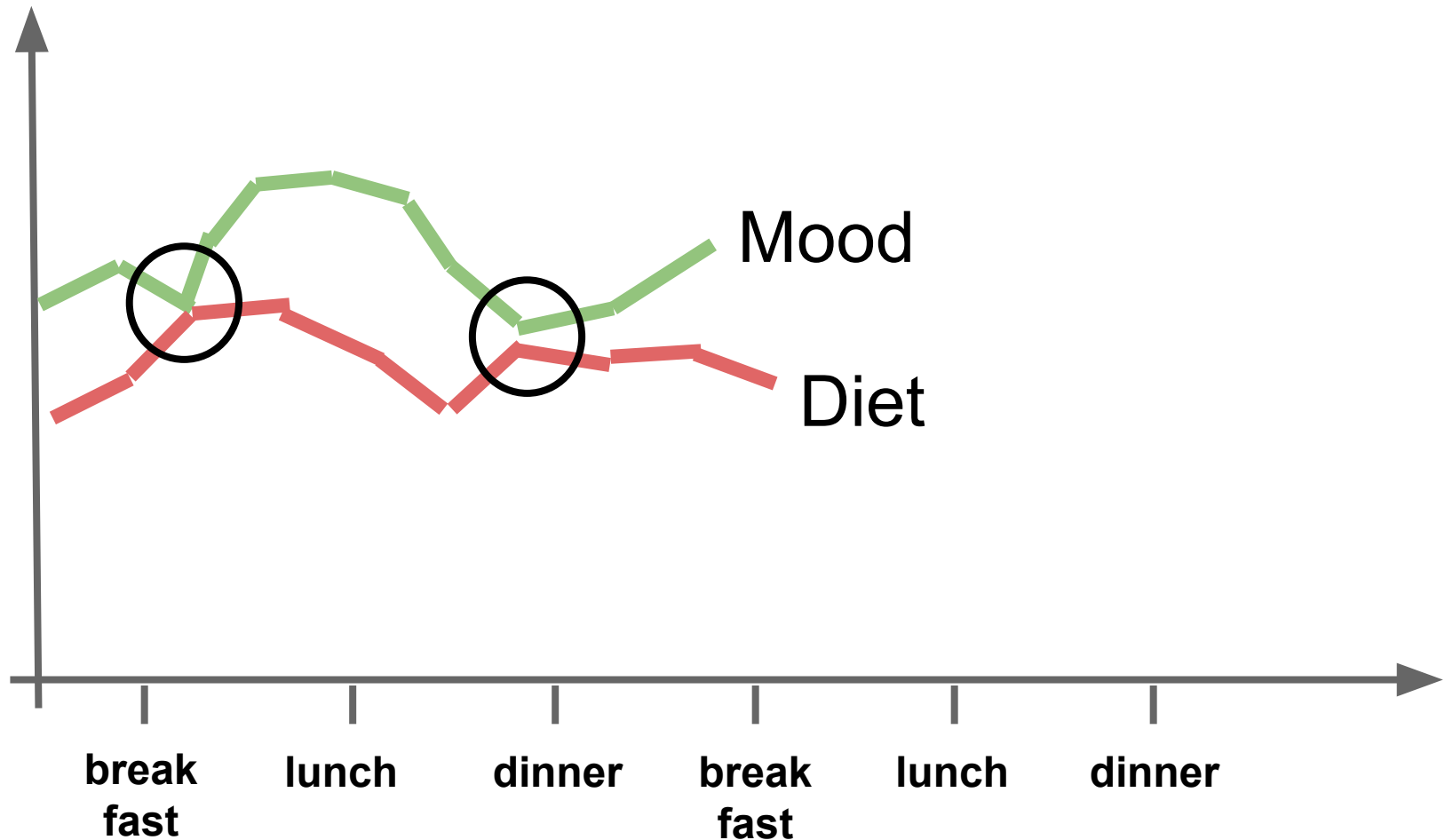


Example:

Analysing diet..



So, you got to put in
some work to get ..



Thank you!

Welcome to share your thoughts on such tools:

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My structural analysis blog:

www.keepingtheresearchalive.info

As well as:

www.rasmusrp.info