#### Software for Self-Trackers turning Self-Hackers

a proposal by

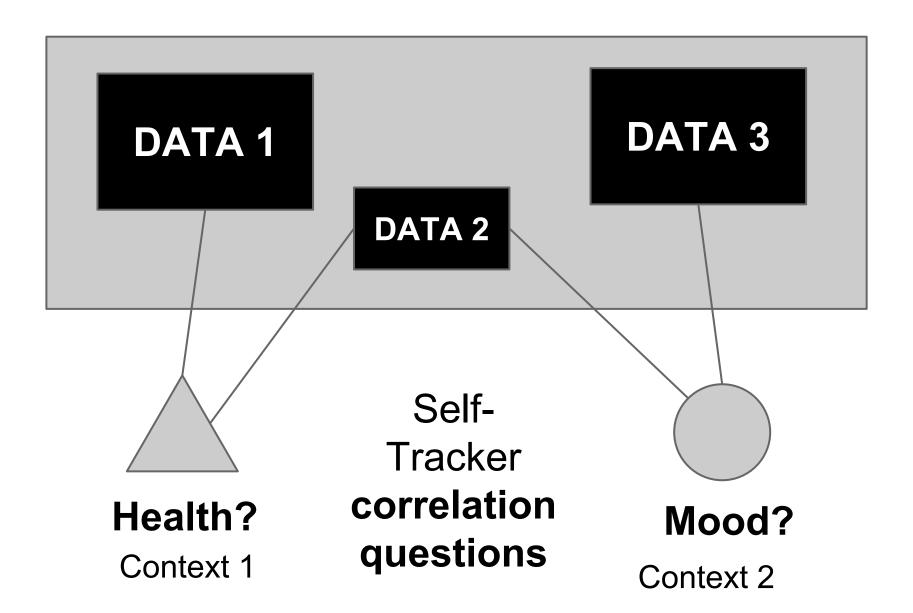
#### Rasmus Petersen

NOBLACKBOX Cambridge Ltd



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

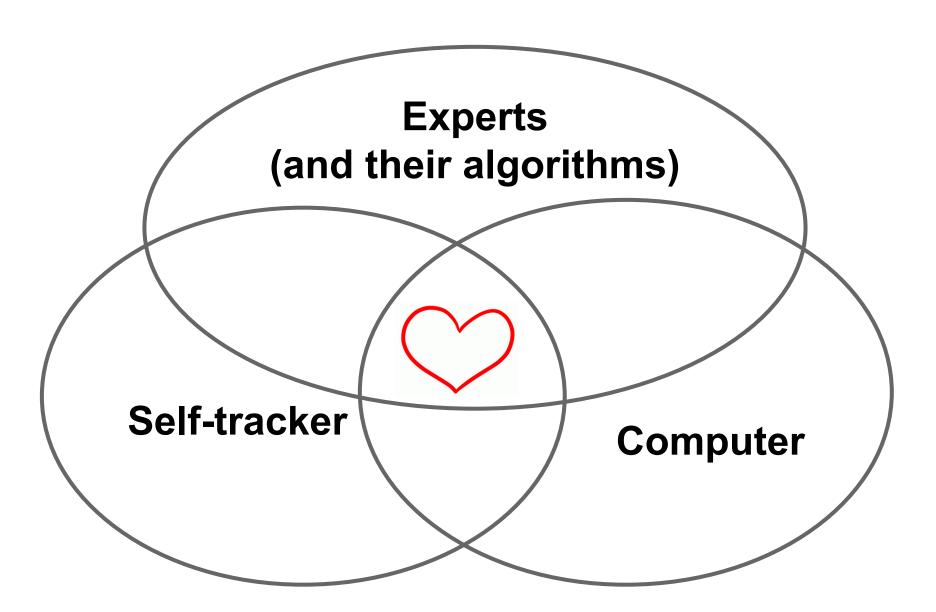
#### Come again?



Software requirements?

"You know, like something from Minority Report..?"

#### Software stakeholders



Example time!

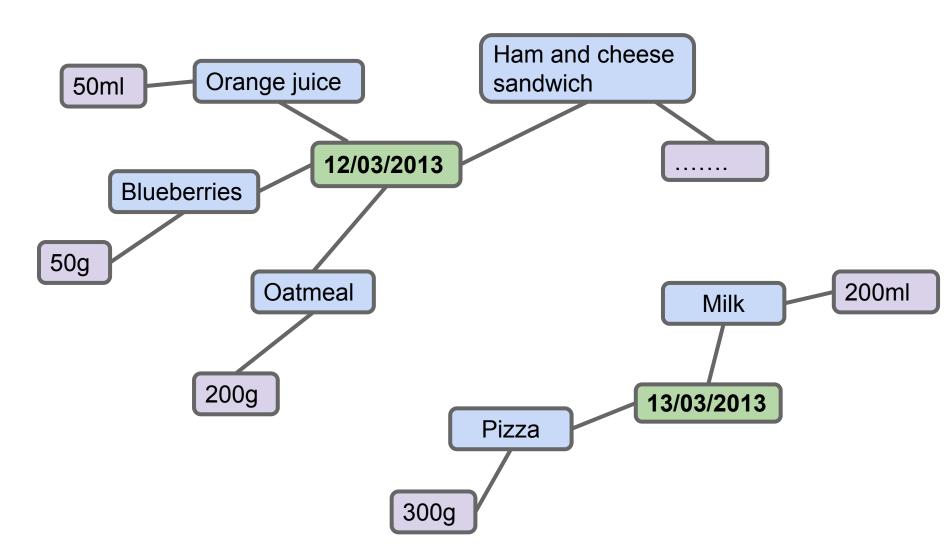
"Any correlations between diet and mood?"

### 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,

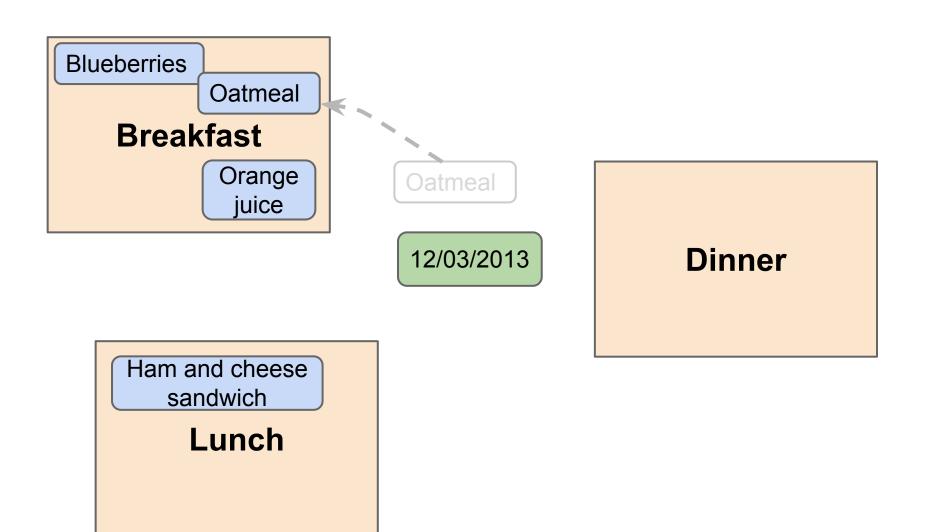
## Example: understanding diet II



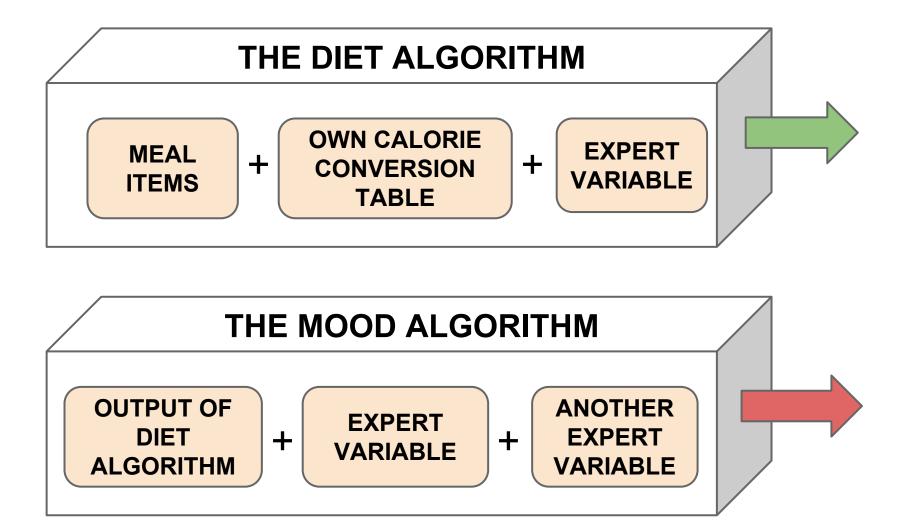
# Example:

quantifying diet 6 **Output:** quantified diet Input: noninformation quantified diet data 5 You: "Computer, Computer: I showed you "All done!" how I want it done - now do **Computer: "Some** the rest!" amount of self quantification is required of you!" **Computer:** "Hey, I didn't know what to do with this diet data!"

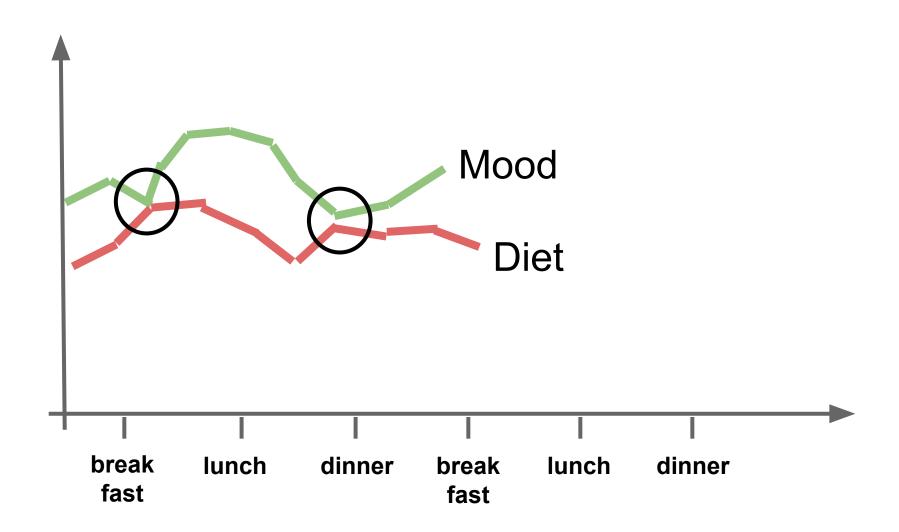
#### Example: Self-tracker at work..



# Example: Analysing diet..



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



#### Thank you!

Welcome to share your thoughts on such tools: <a href="mailto:rasmusrosenqvistpetersen@gmail.com">rasmusrosenqvistpetersen@gmail.com</a>
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My structural analysis blog: <a href="https://www.keepingtheresearchalive.info">www.keepingtheresearchalive.info</a>

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