A survey of the uses in quantified self
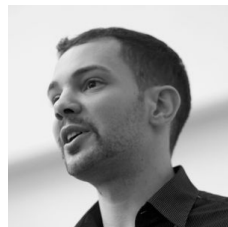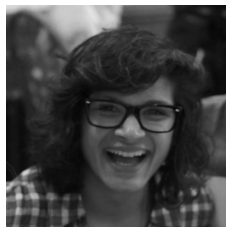
Why do a survey?

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We estimate around 500 unique tools.
(Matches the 505 tools listed in the [QS guide](#) to self-tracking tools.)

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having all the relevant data at my fingertips and being able to use it safely

What mobile device do you use?

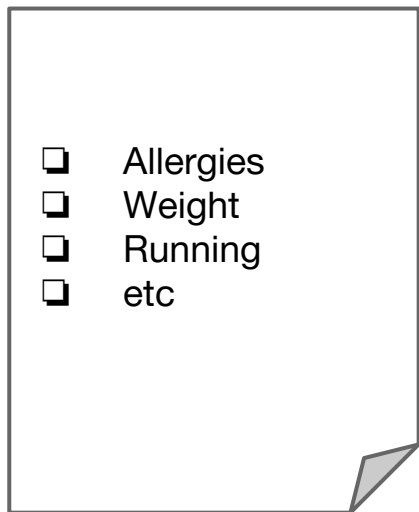|	
iPhone / iOS	52%
Android	50%
Windows	5.7%
Other	4.7%

After my death definitely.

Aim

1. What data people are collecting and analysing?
2. Where are the gaps in the current tools and skills?
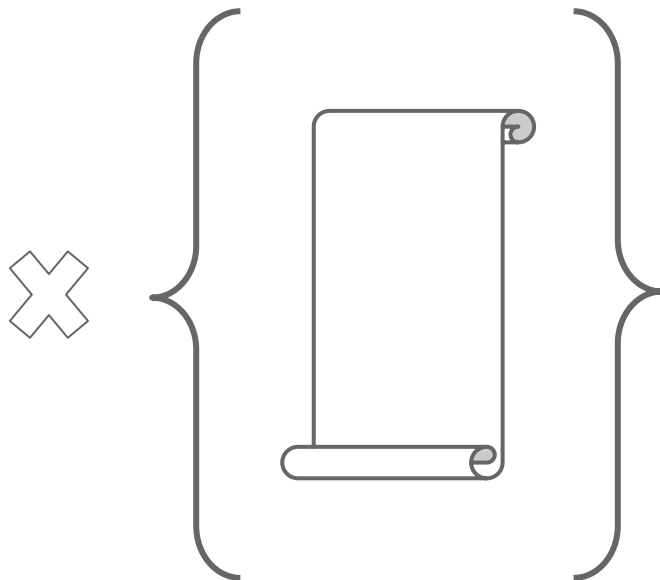3. What above all are people looking for and ultimately trying to do?

1.

In five categories select the things you track:

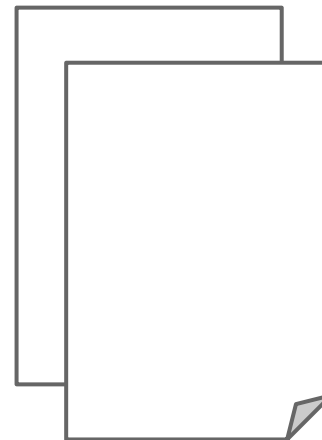❑   Allergies
❑   Weight
❑   Running
❑   etc

2.

For each metric you track we ask 3 more detailed questions:

3.
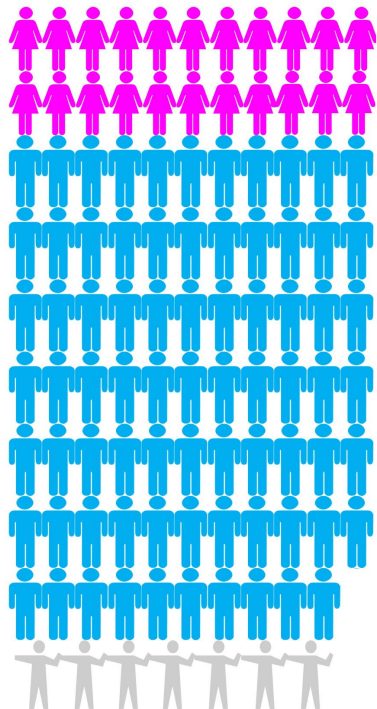
And finish with two pages of general questions

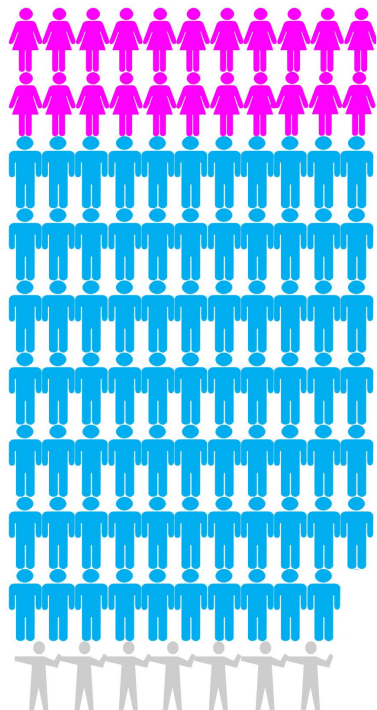Stanza: Body 01000010011011110110010001111001

Who are you?

All complete
responses:

105

Who are you?

All complete
responses:

105

Who are you?

All complete responses:

105
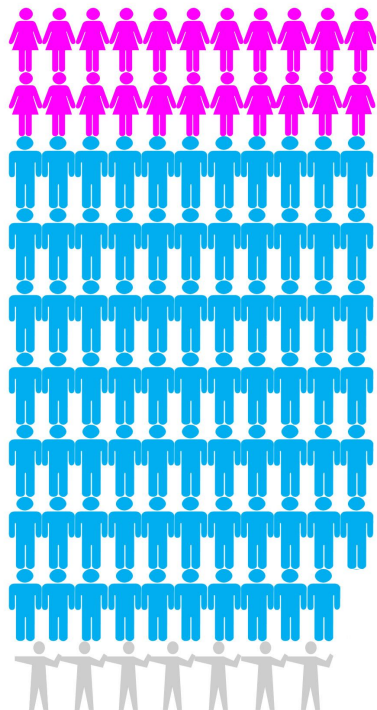
Skills

Software Development (e.g. coding)	30%
Data Analysis	46%
Visualisation & Design	35%
Making (e.g. building sensors)	6.7%

Here are the top ten!
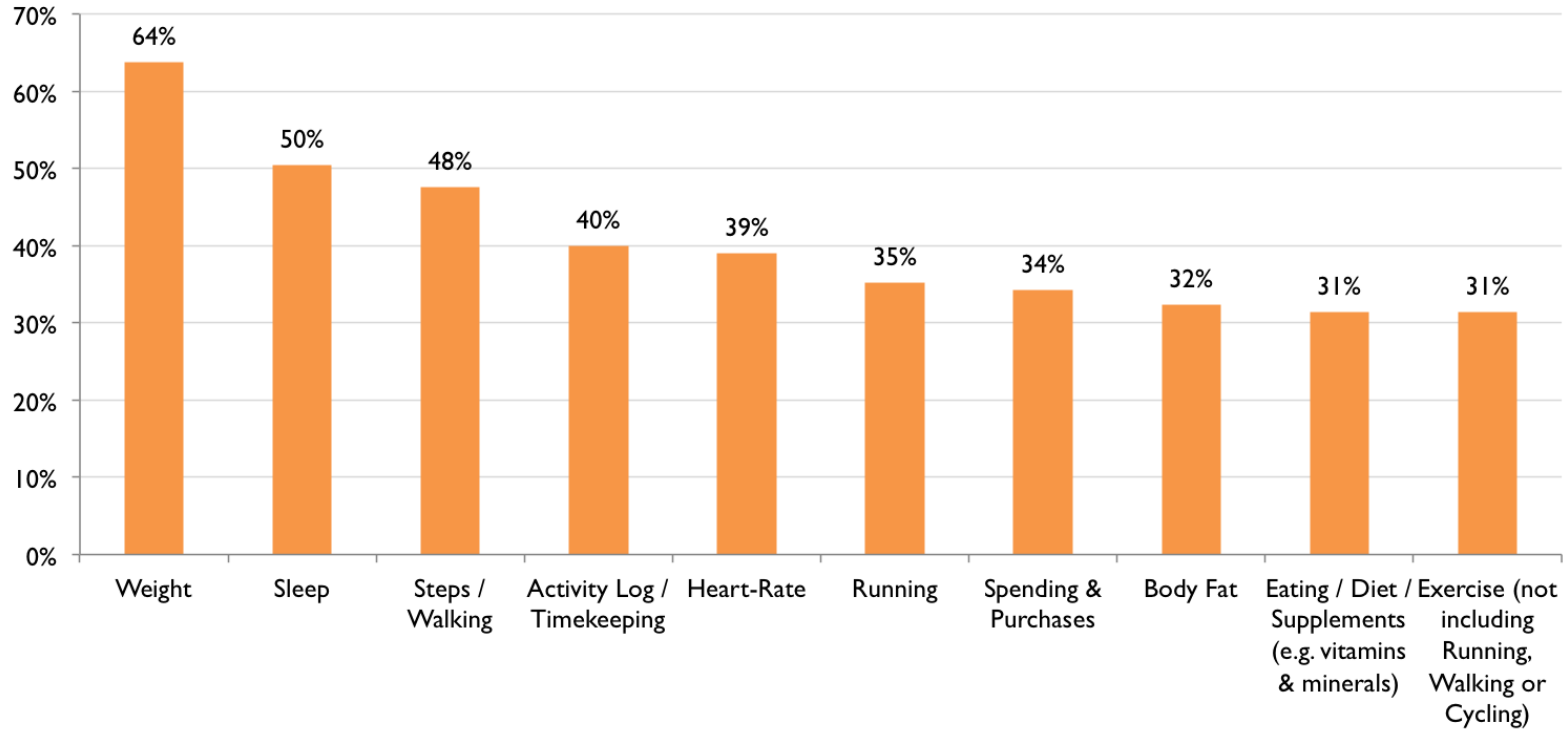
Here are the top ten!
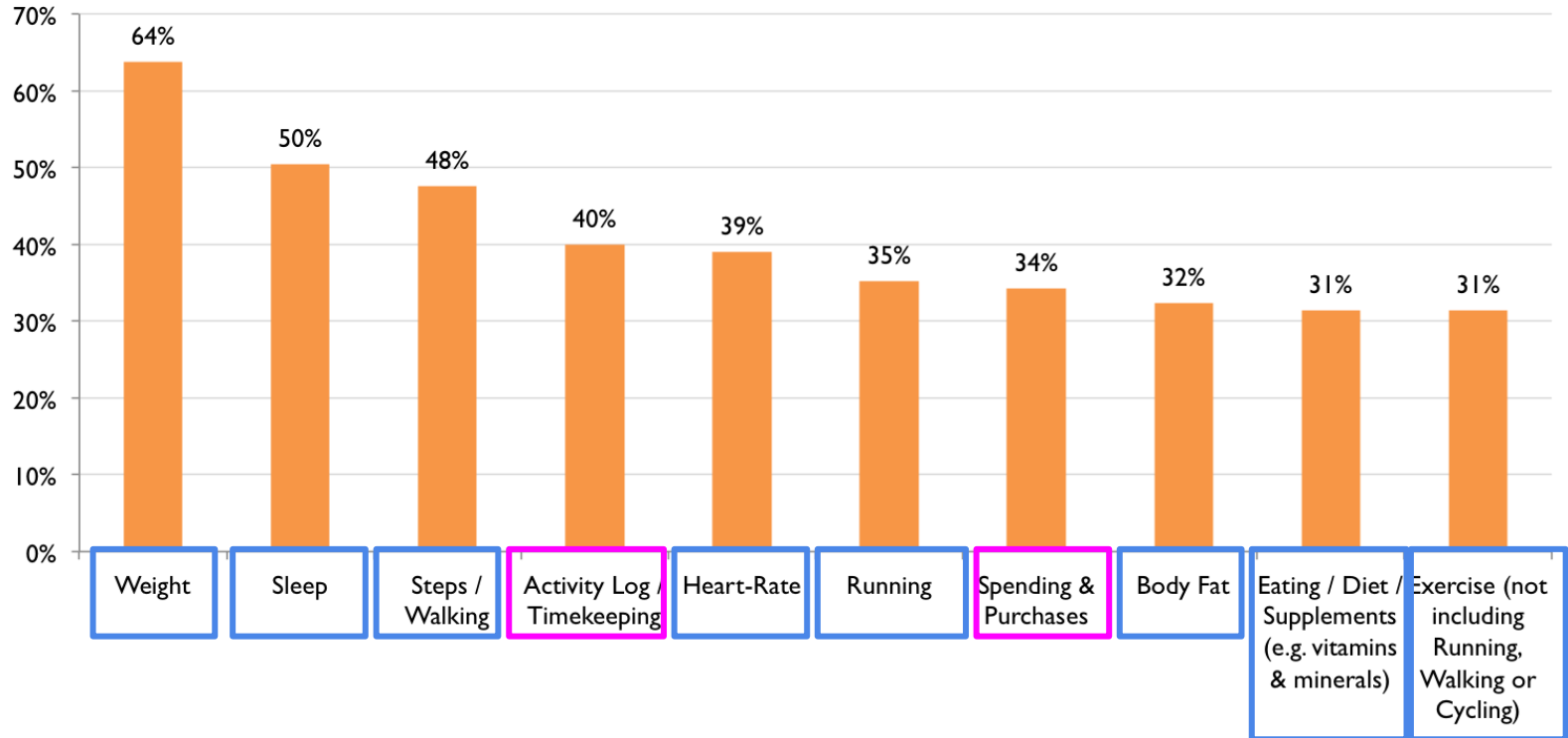
Notable mentions

#11 Mood / Happiness 29%

#18 Alcohol   21%

Notable mentions

#11 Mood / Happiness 29%

#18 Alcohol   21%

#36 Sex   8%

#59 Perspiration   2%

Overall top tools

Spreadsheet	41%
Pen & Paper	28%
Fitbit	20%
MyFitnessPal	16%
Moves	14%
RunKeeper	13%
Withings Scales	13%

Overall top tools

Spreadsheet   41%   A total of 1452 [tools](#) were mentioned,
                                      that's almost 14 per person.
Pen & Paper   28%

Fitbit   20%   An analog stronghold.

MyFitnessPal   16%

Moves   14%   Surprising? But not really…

RunKeeper   13%

Withings Scales   13%

90% consider sharing

Would you consider making some of your personal data available as open data?
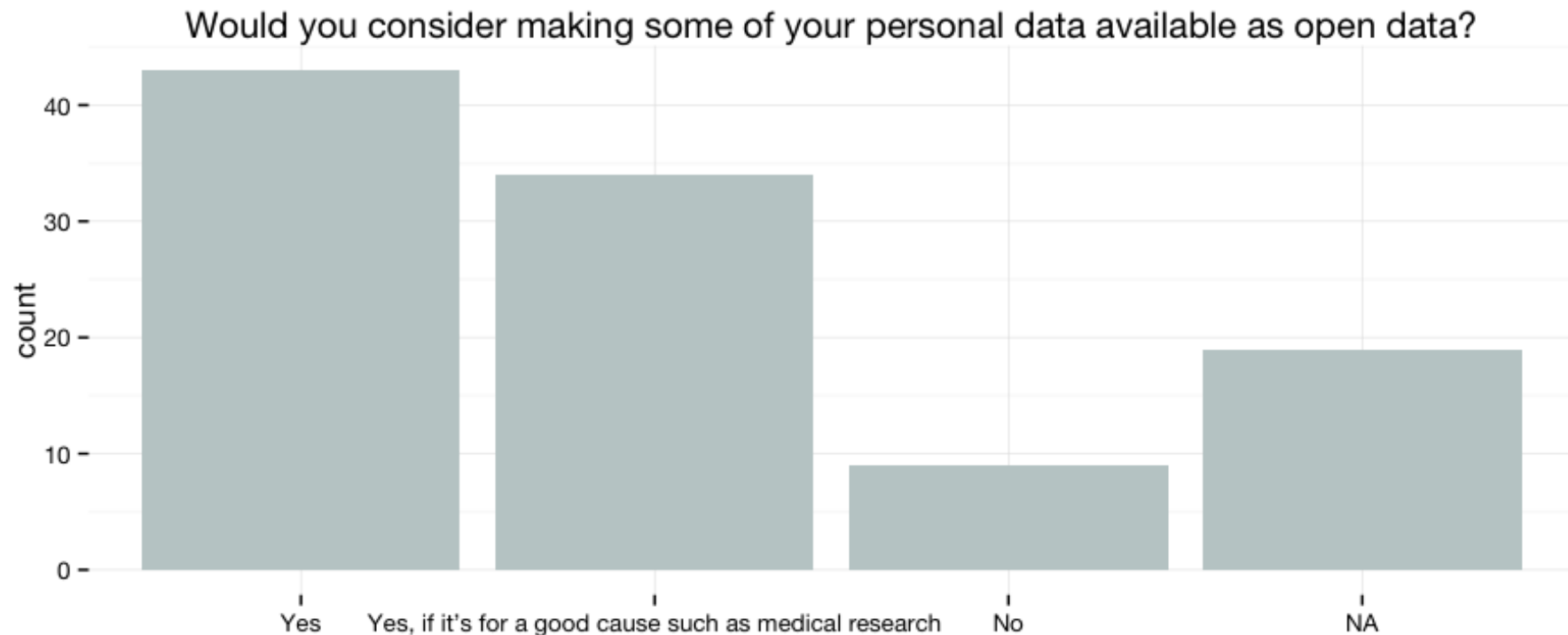
Privacy vs data sharing

As promised we will publish aggregate stats.

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R > sdcMicro

I use a self made tool to draw art while asleep.

Next time...

- Further stats on what and why
- Qualitative analysis
- QS personas

Questions?

Contact us
Adriana @adriana872
Ulrich @statshero

Appendix

Such data. Much slides.

Plan to collect in the future

Blood Glucose	24%
Brainwaves (EEG etc.)	19%
VO2max (maximal oxygen consumption)	19%

	Currently Collecting	Previously Collected	Plan to Collect in Future	Total Collected
Weight	47%	17%	7%	64%
Sleep	31%	19%	17%	50%
Steps / Walking	35%	12%	3%	48%
Activity Log / Timekeeping	28%	12%	4%	40%
Heart-Rate	22%	17%	16%	39%
Running	28%	8%	4%	35%
Spending & Purchases	23%	11%	10%	34%
Body Fat	30%	3%	17%	32%
Eating / Diet / Supplements (e.g. vitamins & minerals)	18%	13%	15%	31%
Exercise (not including Running, Walking or Cycling)	19%	12%	8%	31%

What are you measuring?

Physical (e.g. Blood Pressure, Weight, Sleep)	84%
Emotional & Mental (e.g. Mood tracking, Happiness, Psychometrics)	46%
Activity & Consumption (e.g. Exercise, Time, Diet, Travel, Email)	83%
Money / Personal Finance (e.g. Income, Spending)	50%
Social (e.g. Meetings, Facebook Use)	21%