



# November 2019 SoCal Python Meetup Highlights

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Who am I?

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# About Perry

- Motivates, mobilizes, and connects cross-functional teams with technical solutions and support
- Provides customer-focused Computer Professional services with Data Science / Systems Engineering experience in commercial and non-profit industries.
- Delivers system, network, and security support in a wide variety of business and home environments.
- Partners with clients for training and end-developer support efforts, especially in the areas of configuration management, operating system integration.

In Our Last Episode...

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# November SoCal Python Meetup 11/19/2019

- Held in Playa Vista at the OrderMark office
- Sponsor:
  - OrderMark
  - Facilitate online ordering services
  - Hiring!: <https://jobs.lever.co/getordermark>

# Events coming up...

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- PyData LA (Done! Held 12/3-12/5)
- PyBeach (Chatsworth - 2/29/2020):  
Inaugural Regional Python Conference
  - Volunteers welcome!

# Talk 1: Mark Ferrer – Introduction to Django Channels

- Director of Software Engineering / OrderMark
- Mark advised that **Django Channels 2** is the way to go
- Reference: <https://channels.readthedocs.io/en/latest/>
- Follow tutorials:  
<https://channels.readthedocs.io/en/latest/tutorial/index.html>
- No apparent posted github references or references to code or slides

# Talk 2: Mark Koester – A Year in Data

- A Year in Data: Self-Tracking and Personal Data Analysis with Python
- Website: <http://markwk.com/>
- Github: @markwk
- Slides:  
<https://rawgit.com/markwk/python4selftrackers/master/slides/index.html>
- Mindmap of Quantized Self (Cross reference repo: qs\_mind\_map)
  - [https://github.com/markwk/qs\\_mind\\_map/blob/master/qs-mind-map-full.png](https://github.com/markwk/qs_mind_map/blob/master/qs-mind-map-full.png)



# Talk 2: Mark Koester – A Year in Data (Part 2)

- Some ways to do it:
  - Wearables
  - Mood tracking
  - Time tracking: RescueTime
- Quantized Self (Cross reference repo: awesome-quantified-self)
  - List of apps: <https://github.com/markwk/awesome-quantified-self>
- QS Ledger: Personal Data Aggregator via Jupyter Notebook:  
[https://github.com/markwk/qs\\_ledger](https://github.com/markwk/qs_ledger)

# Getting Started

- #1: Start with a question or a goal or a search
  - NOT the data
  - BUT the actual goal
  - Then, track it
- Tutorial notes here: <https://github.com/markwk/python4selftrackers>
- Habitica – Task management to gamify your life
- Papermill – Parametrizing, executing, and analyzing Jupyter Notebooks
- Tip: Take photos outside – healthier looking (?)

# Getting Started (Part 2)

- #2: Engage with your data and use Python
- What to track:
  - Health
    - Blood Tests
    - Sleep
    - Heart Rate Variability
    - Activity/Steps (Fitbit, etc.)
  - Time
    - RescueTime
    - ToDoist

# Getting Started (Part 3)

- What to track (continued):
  - Goals (Projects and Tasks)
    - Quantify Work
  - Money (mint.com) Personal Capital
  - Etc.

# Getting Started (Part 4)

- Q&A:
  - 1. What's used for visualization?
    - Matplotlib (Legacy)
    - Seaborn
    - Plotly
  - 2. Good resources for biomarkers?
    - <https://github.com/markwk/awesome-biomarkers>
  - 3. Do you use Getting Things Done for everything?
    - Every project needs a next action.

# Getting Started (Part 5)

- Q&A (continued):
  - 4. AB Tests?
    - Make a hypothesis
    - Compare two data sets
    - Determine if they're statistically significant
    - Crossover designs
  - 5. Anxiety in tracking?
    - No. 5 minute - pretty quick.

# Getting Started (Part 6)

- Q&A (continued):
  - Be sure to toggle
    - Muse\_meditation
    - OpenBCI(?)

Questions???

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# Recap

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- Some enlightening Python talks

# Perry Rivera

- Github:
  - <https://github.com/perryrivera/socalpythonmeetupnov2019>



# Perry Rivera

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# Thank You!