WHAT I DID
“Becoming informed is an attempt to synchronize your own head with the reality outside.”

-Alexander Bard
“People are not machines, but in every situation where they are given the choice, they will behave like machines.”

-Ludwig von Bertalanffy
Low Friction
Sat Sep 21 20:36:03 +0000 2013 @servicesphere

Ok glass now. @ The Future http://t.co/MmpToxuVY0 https://twitter.com/chrisdancy/status/381517201955893248

Instagram

I'm at The Future! Ok glass now.
1 hour ago http://foursquare.com/v/50ba5850e4b0b0e351386302

Sat Sep 21 19:40:47 +0000 2013 @servicesphere

2 hours ago @nathanjurgenson assisted selfie.
https://twitter.com/ServiceSphere/status/381503293262168064
HootSuite

I'm at Smashburger!
2 hours ago http://foursquare.com/v/4ad91b10f964a520231821e3

Sat Sep 21 18:45:08 +0000 2013 @servicesphere

2 hours ago Some IT is about now, @myit looks ahead.
https://t.co/WwJCJ9B7G
https://twitter.com/ServiceSphere/status/381489287809609729

Placeme for September 20, 2013
Today ServiceSphere 2613 Cherry Street, Denver, CO, United States 6 hours 32 minutes
@stophhecyborgs @ChristianDeeLA

Fri Sep 20 23:59:53 +0000 2013 @servicesphere

Yesterday Chatting, gender, privilege and aggression in workplace culture with @shanley and @klintron great way to end a busy week.

September 20, 2013 at 03:51PM
Yesterday They may just name the largest apple bug in history after me. I am flattered but I'm still without a functioning phone. It's lovely to stare at the beautiful dead brick. You have to admit if

Fri Sep 20 21:17:09 +0000 2013 @servicesphere

Yesterday RT @appleinsider: First Look: Gold iPhone 5s
### Lifestyle and Calorie Management System

Always consult a physician before starting any new diet or exercise program. This system is not to be used for diagnostic purposes. This system is not intended as a substitute for the medical advice or supervision of your personal physician.

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<th>Date</th>
<th>Calories Burned</th>
<th>Calories Consumed</th>
<th>Physical Activity</th>
<th>Steps</th>
<th>Time Onbody</th>
<th>Percent Onbody</th>
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### Foursquare

#### Dreamforce 2012

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<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
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</table>
Maslow’s Quantified Digital Self

Knowledge Work
Money
Health
Environment
Social Media
Entertainment
Opinion
Content Creation
Travel
Spiritual
“When you’re connected to everything, everything can seem connected. Confusing those things is dangerous.” — Joshua Topolsky
Applications

Services

Sensors

Devices
QS+ IOT = Experience Platform

Home

Applications

Sensors

Environment

Devices

Work

Services

Health

RunKeeper

Track, Measure, and Improve Your Fitness.
DIY (UX)  Crowd sourced (UX)  Professional (UX)  Adaptive (UX)
Move – Move / Eat – Move/Eat /check in – Passive All
1. Watch Project Runway to eat healthier
2. Leave the house when the cleaning people are here.
3. Listen to Michael Jackson to finish a project.
4. Go to bed before 10 if I have a meeting with XYZ...and don’t eat any starches for 24 hours.
5. Set lights to “Study”, temp to 71, humidity 31% and Music to no more than 71 BMP before 4pm if not sleeping.
Heart Rate Avg: 61 bpm
Heart Rate Max: 79 bpm
Heart Rate Min: 58 bpm
- Activity
- Systems
- Reactions to Activity
- Systems interacting

\[ M = \frac{m_0}{\left(1 - \frac{v^2}{c^2}\right)^{\frac{3}{2}}} \]

\[ E = M c^2 \]
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+1-720-936-9192