“My life in 40 variables”

-by Justin Timmer
Who am I?

• Master student Human movement sciences
• Thesis at the Quantified Self Institute
• QS-Meetup organizer in Groningen
What did I do?

One year of selftracking completely as possible

Using:

– Mybasis B1 smartwatch
– Morning- and evening diaries
– Weightscales
– Clockwork tomato
What did I do?
What did I do?
What did I do?

Evening- and morning diaries on Taplog app

- Everyday I give a rating (1-10)
What did I get?

Evening Diary:
Happiness (n=297)
Loneliness (n=295)
Productivity (n=296)
Activity (n=296)
Stress (n=286)
Healthy (n=295)
Overall success of day (n=55)
Social (n=296)
Drink amount (n=294)
Eat amount (n=297)
Fruits (n=115)
Meats (n=115)
Vegetables (n=115)
Alcohol (n=112)
Daysummary (n=297)

Morning diary:
Subjective sleep quality (n=172)
Subjective sleep duration (n=146)
Extra time in bed (n=142)
Time out of bed (n=152)
How hard it is to get out of bed (n=153)
Subjective sleep temperature at night (n=152)
Slept together with girlfriend or not (n=163)
Slept in an other bed or not (n=131)
Flightmode on at night or not (n=127)
What did I get?

**Evening Diary:**
- Happiness (1-10)
- Loneliness (1-10)
- Productivity (1-10)
- Activity (1-10)
- Stress (1-10)
- Healthy (1-10)
- Overall success of day (1-10)
- Social (1-10)
- Drink amount (1-10)
- Eat amount (1-10)
- Fruit (in grams)
- Meat (in grams)
- Vegetables (in grams)
- Alcohol (per drink)
- Daysummary (in words)

**Morning diary:**
- Subjective sleep quality (1-10)
- Subjective sleep duration (in hours and minutes)
- Extra time in bed (in hours and minutes)
- Time out of bed (in hours and minutes)
- How hard it is to get out of bed (1-10)
- Subjective sleep temperature at night (1-10)
- Slept together with girlfriend or not (0 or 1)
- Slept in an other bed or not (0 or 1)
- Flightmode on at night or not (0 or 1)
What did I get?

**Objective data according to Mybasis B1 watch:**
- Average heartrate per day (24 hours) \(n=177\)
- Calories burnt per day \(n=177\)
- Average skin temperature per day \(n=177\)
- Average perspiration per day \(n=177\)
- Sleep hours \(n=201\)
- REM sleep hours \(n=201\)
- Light sleep hours \(n=201\)
- Deep sleep hours \(n=201\)

**Objective data according to weight scale:**
- Morning weight in kilo’s \(n=179\)
- Evening weight in kilo’s \(n=193\)
How did I do it?
Life is interconnected

Justin Timmer, My life in 40 variables
On the quest for happiness

Happiness

Time in days

Justin Timmer, My life in 40 variables
On the quest for happiness

Justin Timmer, My life in 40 variables
What are the predictors of my happiness?

Linear regression analysis (all assumptions checked)

Holiday excluded: (R=,796)

- Be healthy
- Be active
- Have a good night (subjective) sleep
- Don’t be stressed
- Don’t be lonely
Repetitiveness of a healthy dinner

Vegetables

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Salad-day

Eating with friends

Justin Timmer, My life in 40 variables
Life is repetitive
Where does sleep fit in my life?
Happy day
A not lonely day
Drank some alcohol
Ate less fruit

Subjective sleep quality increases
How do I sleep at night?

When I sleep with my girlfriend

– I sleep subjectively better
– I am less stressed
– Harder to get out bed
– Sleep longer
Flight mode

Sleep quality

Justin Timmer, My life in 40 variables
The mystery of weight

Weight difference per day

Kilo’s

Time in days

Justin Timmer, My life in 40 variables
The mystery of weight

31,37 °C

31,97 °C
Life is dynamic

Weight

Skin temperature

Justin Timmer, My life in 40 variables
<table>
<thead>
<tr>
<th></th>
<th>Wore much clothes</th>
<th>Wore less clothes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kilo's</td>
<td>0.66</td>
<td>0.28</td>
</tr>
<tr>
<td>Heartrate</td>
<td>54</td>
<td>57.88</td>
</tr>
<tr>
<td>Skin temp</td>
<td>32.84</td>
<td>31.86</td>
</tr>
</tbody>
</table>

(N=16)

Justin Timmer, My life in 40 variables
What did I learn?

All aspects of life are interconnected
Life is dynamic
Life is repetitive
An holistic way of thinking

Thank you for listening!

Meet me somewhere at the conference
@: timerjustin@hotmail.com