Owning My Quantified Self Data

Aaron Parecki

aaronpk.com

@aaronpk
Fitbit, why can't I have my data?

Jeff Leek  2013/01/02

Fitbit / open data / quantified self

I have a Fitbit. I got it because I wanted to collect some data about myself and I liked the simplicity of the set-up. I also asked around and Fitbit seemed like the most "open" platform for collecting one's own data. You have to pay $50 for a premium account, but after that, they allow you to download your data.

Or do they?

I looked into the details, asked a buddy or two, and found out that you actually can't get the really interesting minute-by-minute data even with a premium account. You only get the daily summarized totals for steps/calories/stairs climbed. While this data is of some value, the minute-by-minute data are oh so much more interesting. I'd like to use it for personal interest, for teaching, for research, and for sharing interesting new ideas back to other Fitbit developers.

Since I'm not easily dissuaded, I tried another route. I created an application that accessed the Fitbit API. After fiddling around a bit with a few R packages, I was able to download my daily totals. But again, no minute-by-minute data. I looked into it and only [I have a Fitbit]. I got it because I wanted to collect some data about myself and I liked the simplicity of the set-up. I also asked around and Fitbit seemed like the most "open" platform for collecting one's own data. You have to pay $50 for a premium account, but after that, they allow you to download your data.
Bodymedia closing!

On Jan 31, 2016 support for BodyMedia FIT mobile and web applications will officially come to an end. This page is designed to help BodyMedia customers understand the impact of those changes. We'd like to thank our customers for their loyalty throughout the years.

BodyMedia FIT service is going away beginning at 11:59 pm ET Jan 31, 2016. Customers will no longer be able to access BodyMedia FIT on mobile or web, and a few legacy BodyMedia FIT armbands will stop working.

While I can't say it's totally unexpected as bodymedia has not sold some products for a while, I'm still disappointed. Because the bodymedia used four different sensors, I assume there are more smart fitness trackers that just relied on accelerometers. Plus, I used the web application, and it provided an easy way to look at my intake vs. output. I'm really sad.

Anyone have any thoughts as to what would be the next best alternative? Maybe the Apple Watch or Basis Peak since they also track HR in addition to calories burned and steps.
Hi, I’m Aaron, co-founder of IndieWebCamp. I maintain oauth.net, write and consult about OAuth, and am the editor of the W3C Webmention and Micropub specifications, and co-editor of WebSub.

I wrote 100 songs in 100 days! I’ve been tracking my location since 2008, and write down everything I eat and drink. I’ve spoken at conferences around the world about owning your data, OAuth, quantified self, and explained why R is a vowel.

IndieWebCamp Founder
W3 W3C Editor
W7APK

These are a few of my favorite things.

- 322 Articles
- 2741 Bookmarks
- 342 Checkins
- 2745 Notes
- 1276 Photos
- 2462 Rides

Slept 8h 02m
10:19pm - 6:21am

Checked in at
Tails & Trotters
3:57pm

Quantified Self
2017

JUN 17 JUN 18
9:00am - 5:00pm (+0200)
Bike Rides

<table>
<thead>
<tr>
<th>Ride</th>
<th>Distance</th>
<th>Duration</th>
<th>Start</th>
<th>End</th>
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<tbody>
<tr>
<td></td>
<td>4.12mi</td>
<td>31:20</td>
<td>7:26pm</td>
<td>7:57pm</td>
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</tbody>
</table>

Portland, Oregon
Wed, May 24, 2017 7:57pm - 07:00

Compass
MICROPUB ROCKS!
aaronpk.com
Flights

FlightAware Live Flight Tracking

London (LHR) to Salt Lake City (SLC)

Some Code

W3C Rocks!

aaronpk.com
Tweets

PDX ✈ Reykjavik ✈ Amsterdam!
📍 Portland, Oregon, USA
Thu, Jun 15, 2017 4:30pm - 7:00
#travel

Last Homebrew Website Club before IndieWeb Summit!
indieweb.org/events/2017-06-07-homebrew-website-club Come enjoy pizza and drinks and talk about the #indieweb! 🍕 🍐 🍚
📍 Portland, Oregon
☆ 1 like
Wed, Jun 7, 2017 10:16am - 7:00
#indieweb #hwcPDX

Just posted all of yesterday’s #dotnetfringe videos! 🎬🎉
www.youtube.com/playlist?list=PLwZVRWVJepJtK6UZD-m2VLU2k2V-O5OrG
📍 Portland, Oregon
☆ 4 likes  ← 2 reposts
Tue, Jun 6, 2017 8:33am - 7:00
#dotnetfringe

Last night I went to bed when it was still light out and woke up when it was already light out.
📍 Portland, Oregon, USA
☆ 8 likes  ← 5 replies
Mon, Jun 5, 2017 9:05pm - 7:00
Photos

Do I know anyone who has an extra battery-powered FM radio? We need a couple for a project, and I don’t seem to have any anymore.

Love these last minute hand drawn slides for this lightning talk #lowtech #dotnetfringe
aaronpk.com/2017/05/13
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Cambridge, Massachusetts</td>
<td>Portland, Oregon</td>
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<td>Portland, Oregon</td>
<td>Nürnberg, Germany</td>
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<td>22</td>
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<td>26</td>
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<tr>
<td>Nürnberg, Germany</td>
<td>Schiphol, NLD</td>
<td>Portland, Oregon</td>
<td>Portland, Oregon</td>
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<td>27</td>
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<td>Portland, Oregon</td>
<td>Portland, Oregon</td>
<td>Portland, Oregon</td>
<td>Portland, Oregon</td>
</tr>
</tbody>
</table>
while($should_continue) {
    $activities = $request_url($request_url);  
    if(!$activities) {  
        $should_continue = false;  
        echo "Stopping because no items found in this request: $request_url\n\n";  
    } else {  
        $should_continue = false;  
        echo "Stopping because no 'next' URL was found for: $request_url\n\n";  
    }  
}  
  
foreach($activities as $item) {  
    echo "Processing activity: ". $item->uri . "\n\n";  
    if(preg_match('/fitnessActivities\/(\d+)/', $item->uri, $match)) {  // Check if this item has already been imported
        $syndicated_url = $runkeeper->Base.$match[1];
        echo "Checking for existing post: $syndicated_url\n\n";
        $ch = curl_init($original->url, CURLOPT_RETURNTRANSFER, true);
        curl_setopt($ch, CURLOPT_FOLLOWLOCATION, false);
        $response = curl_exec($ch);
        $code = curl_getinfo($ch, CURLINFO_HTTP_CODE);
        if($code == 301) $code = 302;  
        echo "Skipping because it's already been imported\n\n";  
    } else {  
        echo "Scoring Importing activity: ". $item->uri . "\n\n";
        $date = process_activity($item);
        $redis->set('runkeeper-last-import-date', $date);
    }  
}  
  
foreach($activities as $item) {  
    echo "Localized start: ",$start->format('Y-m-d Hi:ma')."\n\n";
    echo "Localized end: ",$end->format('Y-m-d Hi:ma')."\n\n";
    $record = [
        'date' => $date->format('Y-m-d'),
        'local_time_started' => $start->format('Hi:ma'),
        'local_time_finished' => $end->format('Hi:ma'),
        'time_started' => $start->format('U'),
        'time_finished' => $end->format('U'),
        'is' => json_encode($sleep),
        'timezone' => $timezone,
        'is_offset' => $offset,
        'locality' => ($geo ? $geo->locality : ''),
        'region' => ($geo ? $geo->region : ''),
        'country' => ($geo ? $geo->country : ''),
        'latitude' => $latitude,
        'longitude' => $longitude,
        'created_at' => date('Y-m-d Hi:ma'),
        'final_id' => $sleep->id,
    ];  
    insert_sleep_record($record);
}  
    
$date = add(new DateTimeInterval('P3D'));
}  
  
# Loop until today
while($date <= $today) {  
    echo $date->format('c')." \n";
    # Fetch the day's sleep data
    $data = get_fitbit_sleep($date, $token);
    if(isset($data['sleep']) && count($data['sleep'])) {  
        foreach($data['sleep'] as $sleep) {  
            # Check if this is already imported
            $query = $db->prepare("SELECT * FROM sleeps WHERE fitbit_id = ?");
            $query->bindvalue(1, $sleep->id);
            $query->execute();
            if($query->fetch(PDO::FETCH_OBJ)) {  
                echo "Already imported\n\n";
            } else {  
                # Find the local time of the sleep
                echo "Checking for local time of ",$date->format('Y-m-d Hi:ma')."\n\n";
                $local = get_local_time($sleep);  
                $local->setformat('Y-m-d Hi:ma');
                if($local && isset($timezone)) {  
                    # print_r($local);
                    $timezone = $local['timezone'][0];
                    $offset = $timezone['offset']['seconds'];
                    $latitude = $local['data']['geometry']['coordinates'][0];
                    $longitude = $local['data']['geometry']['coordinates'][1];
                    $geo = reverseGeocode($latitude, $longitude);
                    # print_r($geo);
                    $tz = new 
## Insert new sleep record in database
                    $record = [
                        'date' => $date->format('Y-m-d'),
                        'local_time_started' => $start->format('Y-m-d Hi:ma'),
                        'local_time_finished' => $end->format('Y-m-d Hi:ma'),
                        'time_started' => $start->add(new DateTimeInterval('PT') . 'u', round($sleep['duration'] / 1000), 'S')->format('Y-m-d Hi:ma'),
                        'time_finished' => $end->add(new DateTimeInterval('PT') . 'u', round($sleep['duration'] / 1000), 'S')->format('Y-m-d Hi:ma'),
                        'is' => json_encode($sleep),
                        'timezone' => $timezone,
                        'is_offset' => $offset,
                        'locality' => ($geo ? $geo->locality : ''),
                        'region' => ($geo ? $geo->region : ''),
                        'country' => ($geo ? $geo->country : ''),
                        'latitude' => $latitude,
                        'longitude' => $longitude,
                        'created_at' => date('Y-m-d Hi:ma'),
                        'final_id' => $sleep->id,
                    ];
                    insert_sleep_record($record);
                } else {  
                    echo "Localized start: ",$start->format('Y-m-d Hi:ma')->"\n\n";
                    echo "Localized end: ",$end->format('Y-m-d Hi:ma')->"\n\n";
                    $record = [
                        'date' => $date->format('Y-m-d'),
                        'local_time_started' => $start->format('Y-m-d Hi:ma'),
                        'local_time_finished' => $end->format('Y-m-d Hi:ma'),
                        'time_started' => $start->format('U'),
                        'time_finished' => $end->format('U'),
                        'is' => json_encode($sleep),
                        'timezone' => $timezone,
                        'is_offset' => $offset,
                        'locality' => ($geo ? $geo->locality : ''),
                        'region' => ($geo ? $geo->region : ''),
                        'country' => ($geo ? $geo->country : ''),
                        'latitude' => $latitude,
                        'longitude' => $longitude,
                        'created_at' => date('Y-m-d Hi:ma'),
                        'final_id' => $sleep->id,
                    ];
                    insert_sleep_record($record);
                }  
                $date = add(new DateTimeInterval('P3D'));
            }  
        }  
    }  
}  
echo "Done\n";
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Weekday</th>
<th>Daily Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steps</td>
<td>3/1/2016</td>
<td>Sunday</td>
<td>11,888</td>
<td></td>
</tr>
<tr>
<td>Hours Sleep</td>
<td>3/1/2016</td>
<td>Monday</td>
<td>7.5</td>
<td></td>
</tr>
<tr>
<td>Miles Run</td>
<td>3/1/2016</td>
<td>Tuesday</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>HITT</td>
<td>3/1/2016</td>
<td>Wednesday</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Yoga</td>
<td>3/1/2016</td>
<td>Thursday</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>Meditation</td>
<td>3/1/2016</td>
<td>Friday</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Brinks listened to</td>
<td>3/1/2016</td>
<td>Saturday</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Pages Read</td>
<td>3/1/2016</td>
<td>Sunday</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Rescue Time</td>
<td>3/1/2016</td>
<td>Monday</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>Calories consumed</td>
<td>3/1/2016</td>
<td>Tuesday</td>
<td>1,686</td>
<td></td>
</tr>
<tr>
<td>Eating out</td>
<td>3/1/2016</td>
<td>Wednesday</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Alcohol Drinks</td>
<td>3/1/2016</td>
<td>Thursday</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>% Carbs</td>
<td>3/1/2016</td>
<td>Friday</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>% Fat</td>
<td>3/1/2016</td>
<td>Saturday</td>
<td>30</td>
<td></td>
</tr>
<tr>
<td>% Protein</td>
<td>3/1/2016</td>
<td>Sunday</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Weight</td>
<td>3/1/2016</td>
<td>Monday</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>% Fat (body)</td>
<td>3/1/2016</td>
<td>Tuesday</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Volunteer Praxon</td>
<td>3/1/2016</td>
<td>Wednesday</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Volunteering USCRI</td>
<td>3/1/2016</td>
<td>Thursday</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Do something scary</td>
<td>3/1/2016</td>
<td>Friday</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Something social</td>
<td>3/1/2016</td>
<td>Saturday</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Experiment</td>
<td>3/1/2016</td>
<td>Sunday</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>
Our mission is to change the way people take care of...
About The Locker Project

A Locker is a container for personal data, which gives the owner the ability to control how it's protected and shared. It retrieves and consolidates data from multiple sources, to create a single collection of the things you see and do online: the photos you take, the places you visit, the links you share, contact details for the people you communicate with, and much more. It also provides flexible APIs for developers to build rich applications with access to all of this information.

Our Vision

As we go through our lives we create vast amounts of data. Emails, phone calls, utility bills, health monitoring devices, text messages, browsing data, purchases, -- all out of the regular course of our actions. It's more than just data. It represents our communications, relationships, locations, behaviors and creative and consumption patterns.

Currently, our data is scattered everywhere. It lives in and is usually owned by the device or platform on which it was created or exchanged. It's aggregated by third party trackers and websites practicing advertising, content and services to you. Billions of dollars are exchanged, indirect and direct, created off of our data, and it serves as the basis and the foundation for some of the most powerful structures on the web, and in the world at large.

Meanwhile, the people who have benefited least from this ecosystem are the very people with data. Often times, in fact, these channels and organizations go out of their way to limit our access to our data from the network and reuse our own content. Limitless opportunities for deep personalization and rich user experiences are lost, as well as more free and open communications.

Demo

Coming soon. Meanwhile, here are some screenshots:

See your health data the way you decide.

You use one or more apps to collect and view your data. But you have unique questions and motivations that are not captured in those apps. GrokLife allows you to use your data wherever you want and see all your data in one place.

With your permission, GrokLife transforms your health and wellness data and copies it between your apps as well as provides a place to visualize all your data.

With GrokLife, all of your data is available in all of your apps.
MICROPUB ROCKS!
Swarms by Foursquare

OwnYourSwarm.p3k.io

MICROPUB ROCKS!

your website

OwnYourGram.com
Through a Glass Darkly

Outside looking in.

#4092

Posted on June 14, 2017 by Tamara

Need a break from crazy driving through Boston at rush hour. Checked into Starbucks.

- Starbucks, 552 Adams St, Milton, MA, 02186, United States

Belle and Sebastian

2017-05-15 18:47 UTC

Royal Hospital Chelsea, London, Greater London

Also on Swarm

- replied to this on awnyourwarm.p3l.io
  Your first check-in at Royal Hospital Chelsea
- replied to this on awnyourwarm.p3l.io
  First of your friends to check in to see Slow Club.
- replied to this on awnyourwarm.p3l.io
  There's a lot going on inside Royal Hospital Chelsea! Check in to more places here to earn more coins.
aaronpk.com

@aaronpk

Thank You!