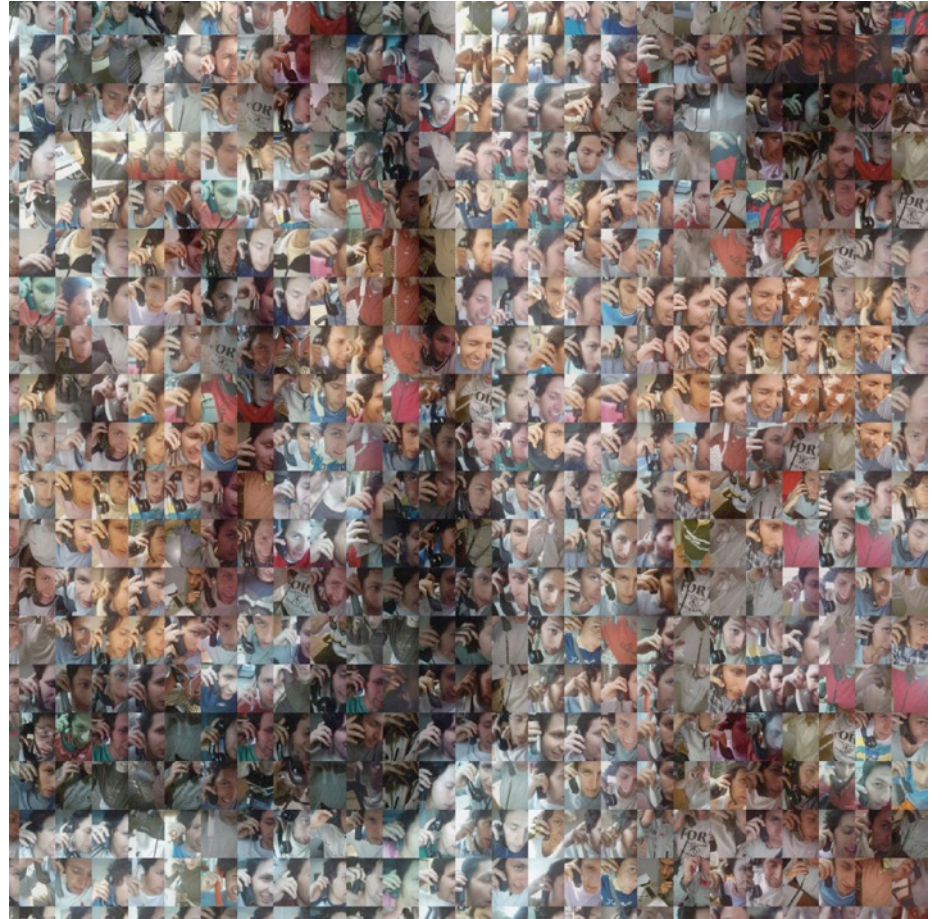
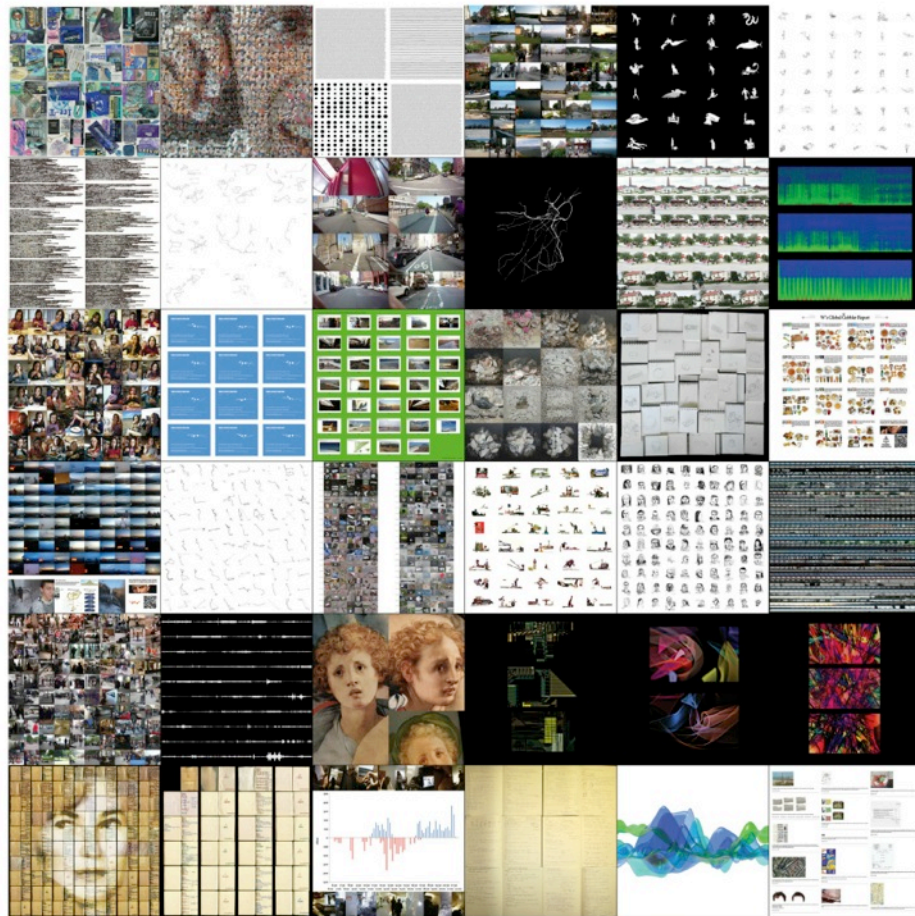


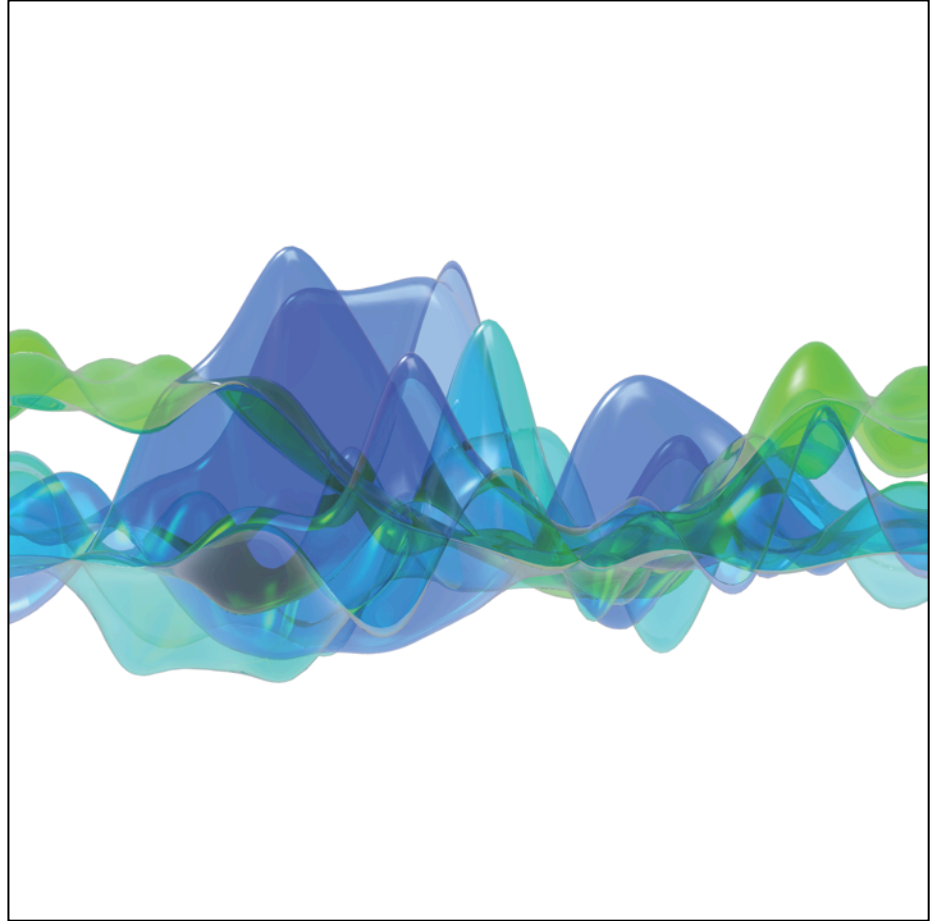
Alberto Frigo



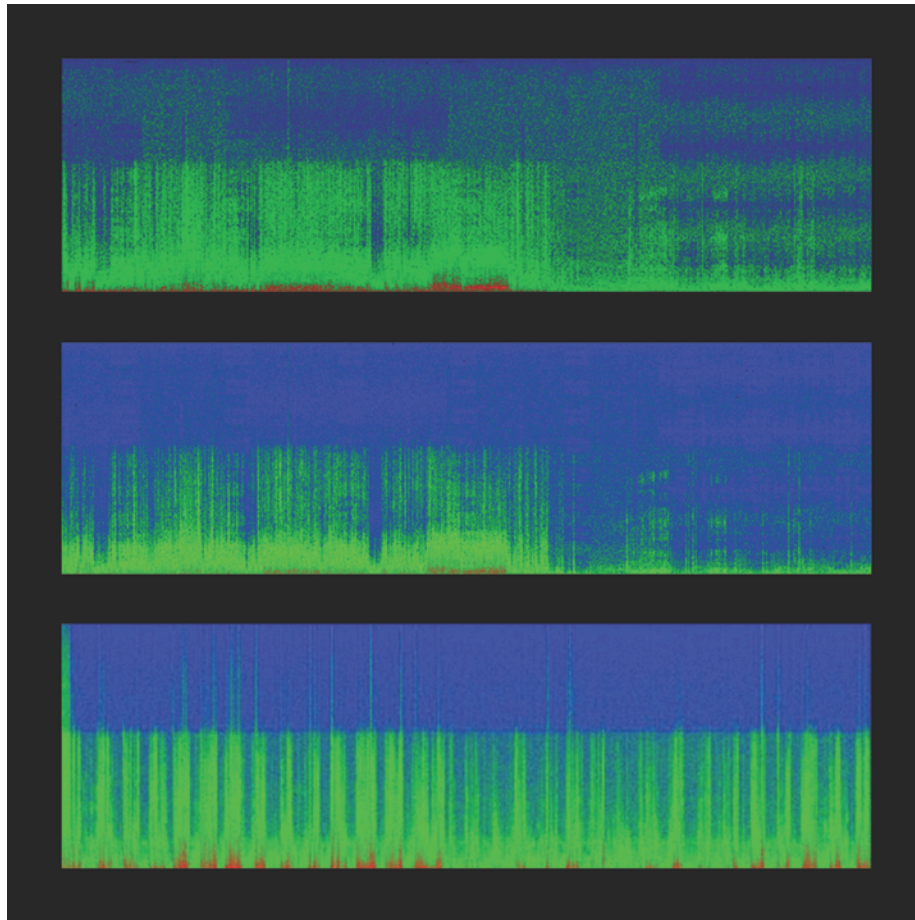
The Art of Self-Tracking



Stephen Cartwright



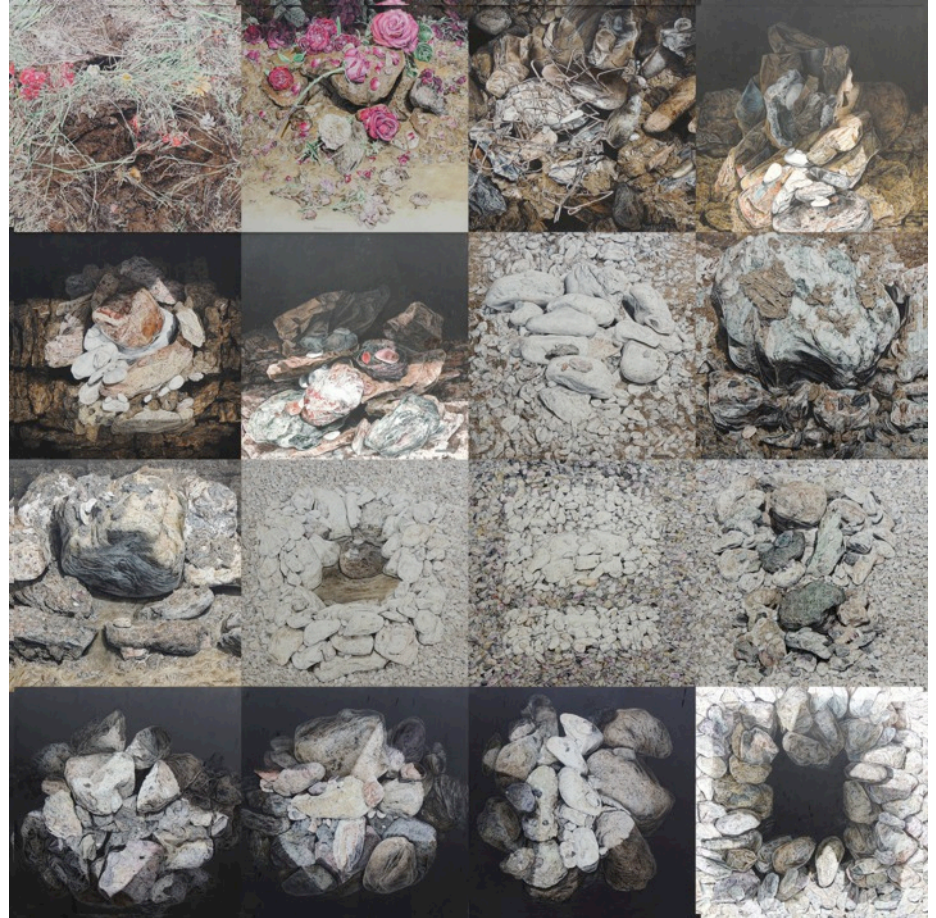
Davide Di Saro & Kristy Trinier



Janina Turek



Giovanni Meneguzzo



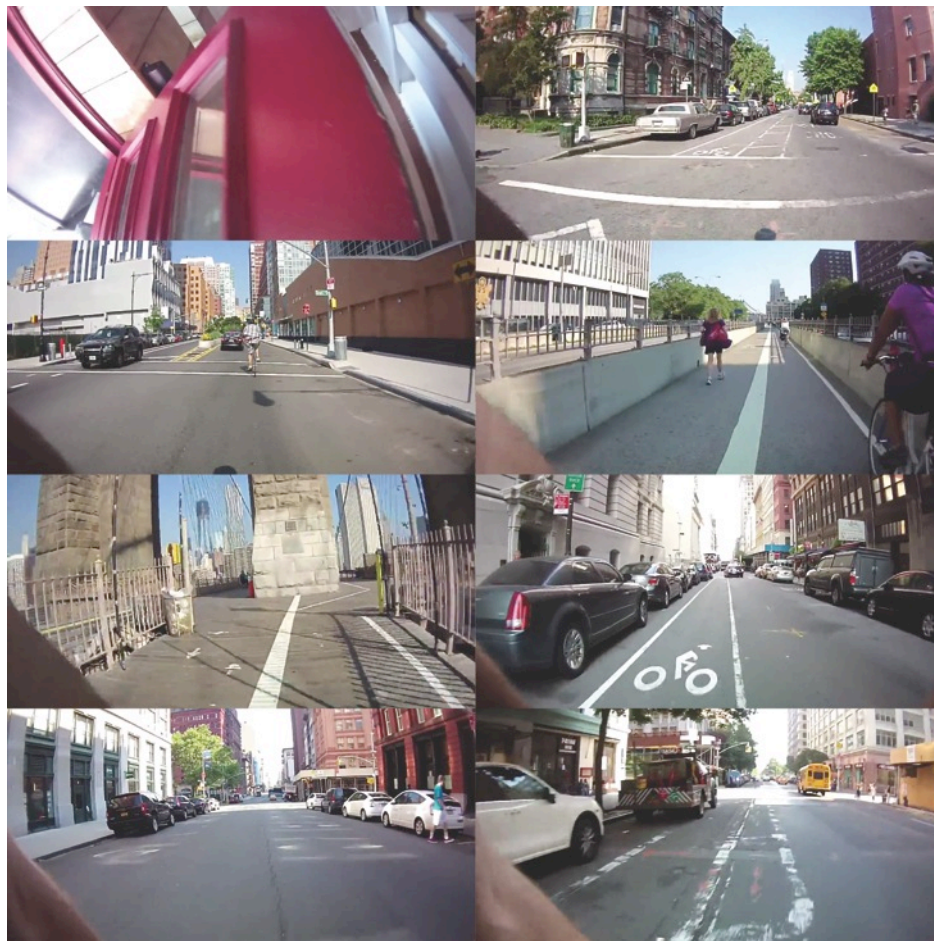
Ellie Harrison



Daniel Peltz



Brian House





On March 12 2006, I went up almost to the 2nd floor of the Eiffel Tower. That is equivalent to 15% of its height.
 $0.15 \times 320 = 48.00$



Between March 12 and April 11 2006, I walked several films in cinema, having at 15% of their total length.
 $0.15 \times 120 = 18.00$ $0.15 \times 100 = 15.00$ $0.15 \times 140 = 21.00$ $0.15 \times 130 = 19.50$ $0.15 \times 110 = 16.50$ $0.15 \times 150 = 22.50$



On April 4 2006, I went to a demonstration against a French governmental measure. In Paris, the march had to go from rue du boulevard Place de la République to Place Chateaux, and I left the march at a street intersection (Place de la Bastille) which made me walk about 15% of the total length of the route.
 $0.15 \times 6.2 = 0.93$



On Sunday November 19 2006, I walked 15% of the way between my apartment and the bakery where I usually buy bread. Then I walked back home. It was a very long walk.
 $0.15 \times 300 = 45.00$



On November 22 2006, the average length of my hair was around 6 cm. I cut it. The next day I went to a hairdresser shop. He cut it to 10 cm. I was very happy. I cut it to 10 cm. I was very happy. I cut it to 10 cm. I was very happy.
 $0.15 \times 6.6 = 0.99$



On December 20 2006, on a Persian bus, I bought a drink in a friend at 15%. We both drank the same drink (1.80 €) and we paid it separately. After that, I paid her back 1.80 €, what is approximately 15% of the shared price.
 $0.15 \times 3.60 = 0.54$



During the week of January 14 to 17 2007, I played scratchboard... Taking care to use 15% of my chance to win or scratching 15% of the surface.
 $0.15 \times 3 = 0.45$

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On February 4 2007, after the Sunday afternoon show, I decided to call my mom to catch up on news. Of the 10 minutes of her stories, I called only 3 of them.
 $0.15 \times 10 = 1.50$



On February 6 2007, I prepared pasta for lunch. The cooking time is 8 minutes. I reduced it by 2 minutes and 30 seconds which is 15%.
 $0.15 \times 8 = 1.20$



The afternoon of June 12 2007, I took a bath filling the tub to 15% of its usual level. It was too small, so I didn't stay too long.
 $0.15 \times 8 = 1.20$



On October 25 2007, I dressed myself with 3 items of clothing. That is 15% less than the 10 items I wore the day before. I had to use items all day.
 $0.15 \times 10 = 1.50$



On September 19 2008, I started reading me because of a cold. The doctor prescribed BUDIPROFENOLONE and TRIMETHOPRIM. I started to read for 15 days. After 15 days, I decided to take 15% of it. That is 3 items in total. I was sick for a couple of days after the end of this short-term treatment.
 $0.15 \times 15 = 2.25$



On September 30 2008, I bought new glasses adding the option to make glasses which correct my vision by 15%. Using an old prescription he made my new 15% glasses.
 $8 \times 0.15 = 1.20$



On September 27 2008, I went on a pilgrimage to London at 15%. Which means I went to Chelmsford that is the town located approximately at 15% of the distance between Paris (my home town) and London.

Yann Vandarme

We are continuously in search
for historical and contemporary
self tracking-related practices
and venues where to exhibit
and discuss them

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