

Beyond steps

Learning what drives personal satisfaction by combining automation, visualization and machine learning ... **without code**

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John ...

... is 35 year old

... lives in New York

... manages a process automation team

... is NOT a coder

I was able to

- ... augment and automate my self-tracking
- ... use free and no-code solutions for tracking, surveying and visualizing

I was able to

- ... augment and automate my self-tracking
- ... use free and no-code solutions for tracking, surveying and visualizing
- ... utilize open source machine learning to measure and predict my progress
- ... enable my journey toward daily satisfaction

I was

... healthy

... fit

... not stressed



I was

... healthy

... fit

... not stressed

... skeptical



Then I became

- ... overworked
- ... out of shape
- ... stressed
- ... not satisfied



So I got one of these ...



And I got back

... my inputs

... vague & impersonal advice

... a fraction of the story



#1 Step Taker?

I was still

... overworked

... slightly less out of shape

... stressed

... not satisfied



I did what I knew best

... Build spreadsheets!

... but something was
missing



Google Drive



Survey to fill the gaps

... was I **satisfied**?

... did I feel **healthy**?

... what inputs mattered?

... **in an automated way**

Google 
FORMS

& AppSheet

What this looked like

QS DailyTracker v2

How much water did you drink today? : (Liters)

1 2 3 4 5+

How many cups of coffee today? : (cups)

0 1 2 3 4+

How much alcohol today? : (drinks)

0 1 2 3 4+

How do you feel? : 1-Sick to 5-Great

Did you have a workout session?

Yes No

Did you take your vitamins?

Yes No

Cancel Save

Master QS Sheet

Date	Water	Coffee	Alcohol	Feel	Workout	Vitamins	...
2017-01-01	1	0	0	1	No	No	...
2017-01-02	2	1	0	2	No	No	...
2017-01-03	3	2	0	3	No	No	...
2017-01-04	4	3	0	4	No	No	...
2017-01-05	5	4	0	5	No	No	...
2017-01-06	1	0	0	1	No	No	...
2017-01-07	2	1	0	2	No	No	...
2017-01-08	3	2	0	3	No	No	...
2017-01-09	4	3	0	4	No	No	...
2017-01-10	5	4	0	5	No	No	...
2017-01-11	1	0	0	1	No	No	...
2017-01-12	2	1	0	2	No	No	...
2017-01-13	3	2	0	3	No	No	...
2017-01-14	4	3	0	4	No	No	...
2017-01-15	5	4	0	5	No	No	...
2017-01-16	1	0	0	1	No	No	...
2017-01-17	2	1	0	2	No	No	...
2017-01-18	3	2	0	3	No	No	...
2017-01-19	4	3	0	4	No	No	...
2017-01-20	5	4	0	5	No	No	...
2017-01-21	1	0	0	1	No	No	...
2017-01-22	2	1	0	2	No	No	...
2017-01-23	3	2	0	3	No	No	...
2017-01-24	4	3	0	4	No	No	...
2017-01-25	5	4	0	5	No	No	...
2017-01-26	1	0	0	1	No	No	...
2017-01-27	2	1	0	2	No	No	...
2017-01-28	3	2	0	3	No	No	...
2017-01-29	4	3	0	4	No	No	...
2017-01-30	5	4	0	5	No	No	...
2017-01-31	1	0	0	1	No	No	...
2017-02-01	2	1	0	2	No	No	...
2017-02-02	3	2	0	3	No	No	...
2017-02-03	4	3	0	4	No	No	...
2017-02-04	5	4	0	5	No	No	...
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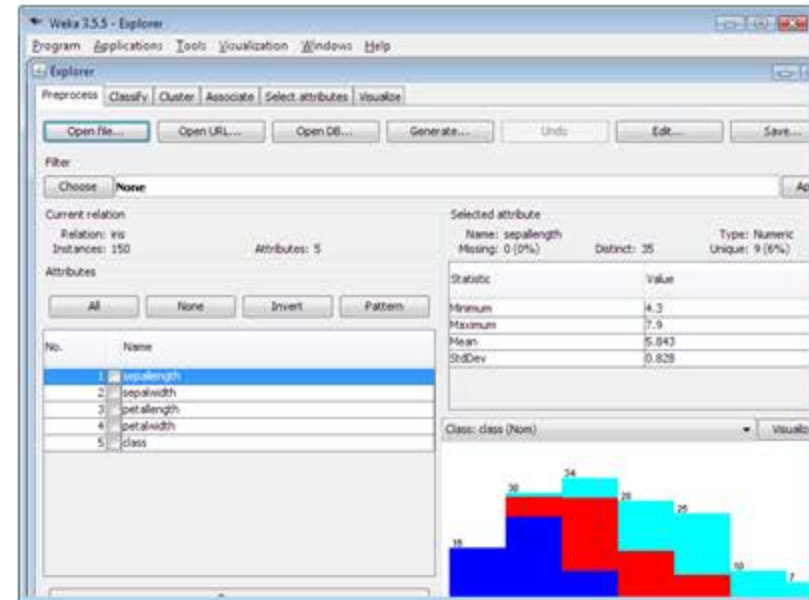
Automated reminders

- ... so not to miss a day
- ... to reduce mental fatigue
- ... because it's fun



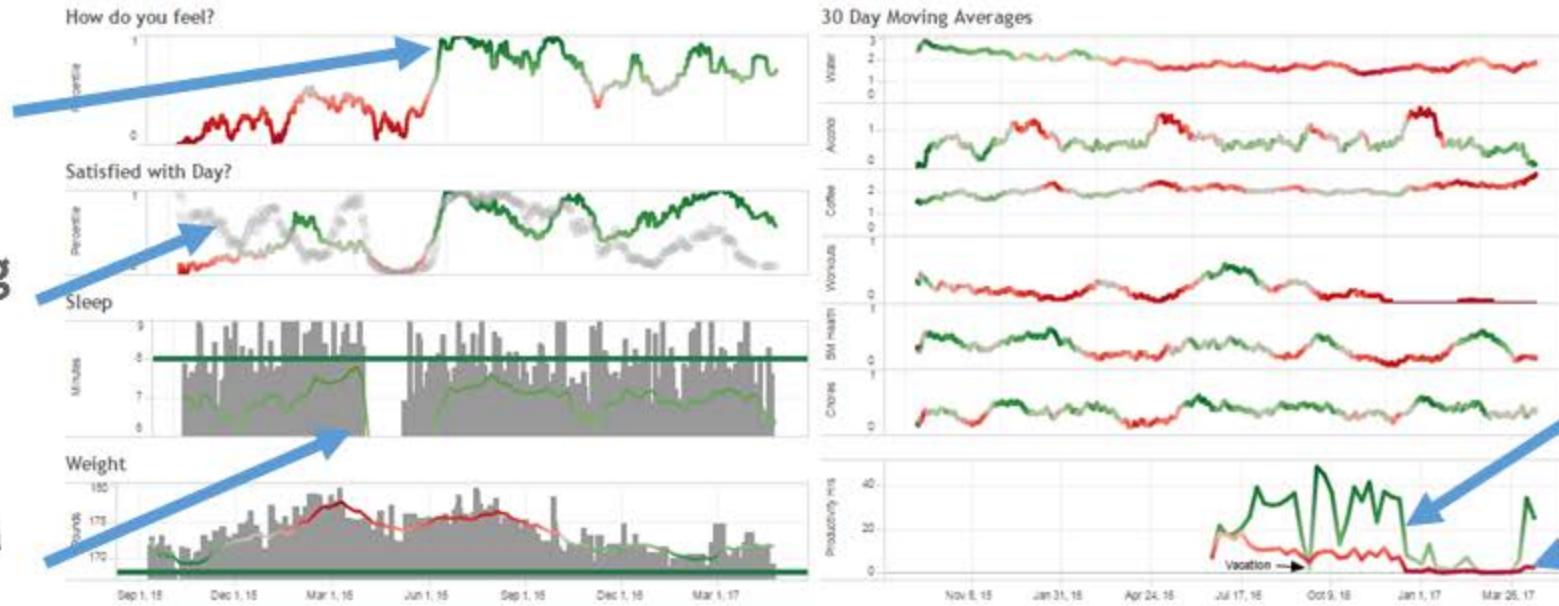
Crunching the data

... learning machine learning
... to predict daily satisfaction



Seeing is believing

< All Time Past Week >



Work/life
balance arrives

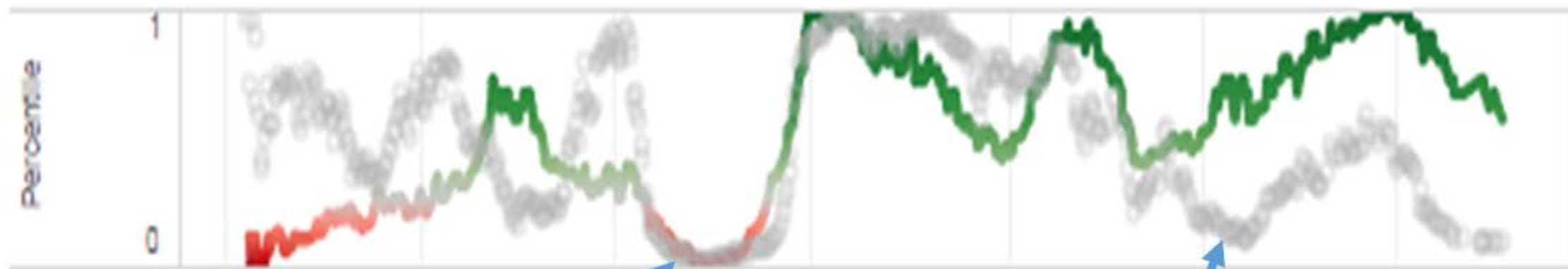
Machine Learning
predicts my day

Lack of sleep is a
sign of stress



Seeing is believing

Satisfied with Day?



Good at predicting
bad days

Algorithms need to be **retrained**
after a life event

The last mile ... the kitchen



bubble
&
Fully Kiosk Browser

What did I learn besides

... data visualization?

... machine learning?

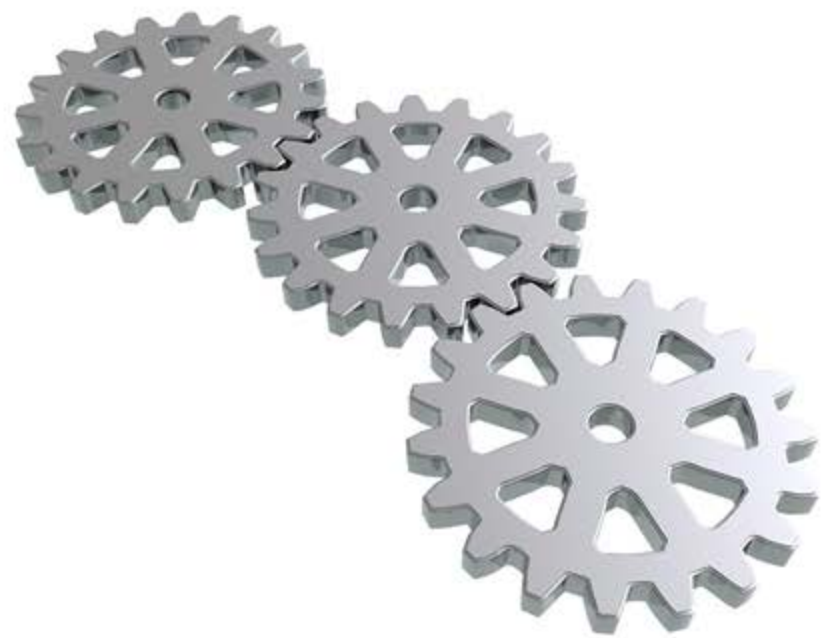
... how to develop a no-code web app?

... well ...

Make it easy

... less than 1 minute a day

... automating was worth it



Getting detailed pays off

- ... turning inputs into data
- ... leading to specific recommendations
- ... suggesting model behaviors
- ... the data started telling a story

Over time stories change

- ... career and life events shift your “model”
- ... meaningful inputs are added
- ... unhelpful inputs are dropped
- ... managing the changes adds value

What drives satisfaction

- ... steps were a weak predictor
- ... daily satisfaction was driven by taking time for hobbies and effectively managing sleep
- ... “tough it out” is not a strategy

I learned

- ... my **sleep** and **weight** flex in line with each other
- ... **hydration** is cumulative and impactful
- ... **n=1 learnings drive action**

Going beyond steps is hard

... 9 technologies

... ~1 year to automate

... not great UI/UX

Google  **FORMS**



WEKA
The University
of Waikato

Fully Kiosk Browser



Google Drive



AppSheet



+ a b l e a u[®]

Finding a single solution?

- ... current aggregator services can be **incomplete** or **lack insights**
- ... other solutions are **single-point**
- ... I'm a glutton for ~~punishment~~ a challenge, so ...



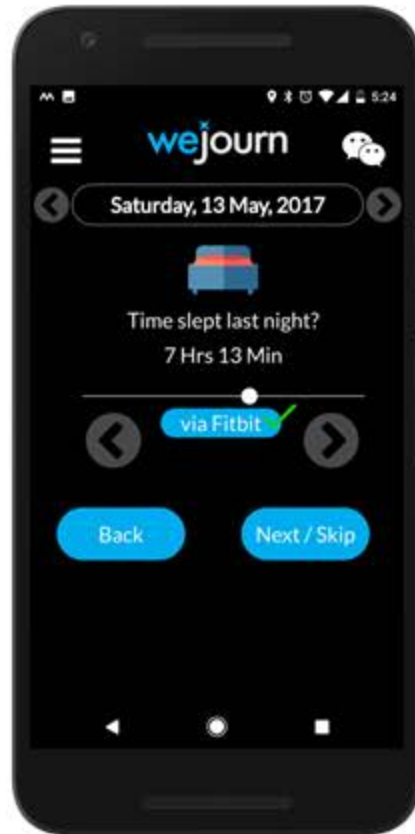
Building the platform

- ... offer a variety of “paths”
- ... integrate with trackers
- ... providing personalized and crowdsourced advice



Mobile app

... to track, survey, report and learn



Find me

- ... at my How-To: creating a **personal dashboard**
- ... at the WeJourn demo table
- ... at john.cottongim@wejourn.com