



Fractality of life

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QS-conference 2017

12

minutes

2014

Why do I track the things I track?

Sleepdiary:

Sleep quality (1-10)
Sleep duration (hours)
Extra time in bed (hours)
Time wake up (hours)
Diff. get out of bed (1-10)
Subj. temperature (1-10)
Slept together (0 or 1)
Other bed (0 or 1)
Flightmode (0 or 1)
Times wake up
Dreams
Wake before alarm (hours)
Bodyweight (kg)

Workdiary:

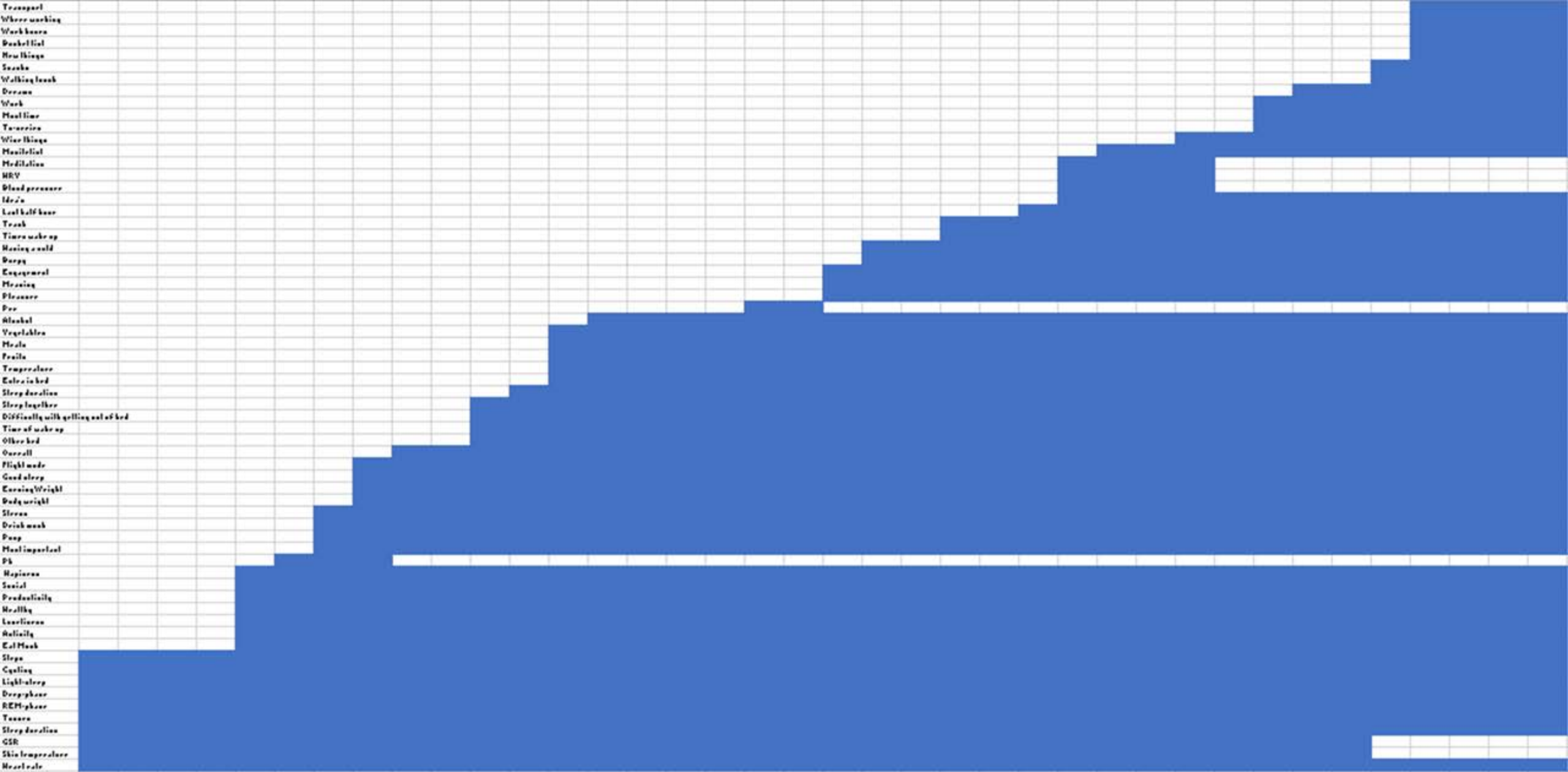
Flow (1-10)
Stress (1-10)
Project HealthQuest (hours)
Project HNGW (hours)
Project Healthy Workplace (hours)
Subj. sleep temperature (1-10)
Work location
Meetings (hours)
Break (hours)
Transport (hours)
Other (What? + hours)

**Eveningdiary:**

Happiness (1-10)
Meaning (1-10)
Flow(1-10)
Loneliness (1-10)
Productivity (1-10)
Activity (1-10)
Stress (1-10)
Healthy (1-10)
Overall succes of day (1-10)
Social (1-10)
Drink amount (1-10)
Eat amount (1-10)
Fruit (per piece)
Meat (in grams)
Vegetables (in grams)
Alcohol (per drink)
Daysummary (text)
TV/series tim (hours)
New things (1-10)
Most time spend were (1,2,3,4)

During the day:

First Mybasis B1, now Fitbit Charge 2 (and sometimes other devices)



38% subjective experiences

39% Activities

16% Physiological variables

7% situational variables

In my mind, **Subjective experiences** are the most relevant factors to track but lack comparability, and change with time

Activities are easy to track, and easy to manipulate

Physiological parameters are relevant but sometimes invalid, harder to analyze and often don't give the full picture

Situational variables are not that variable to me

I want one overall score per important life factor to keep the holistic mind.

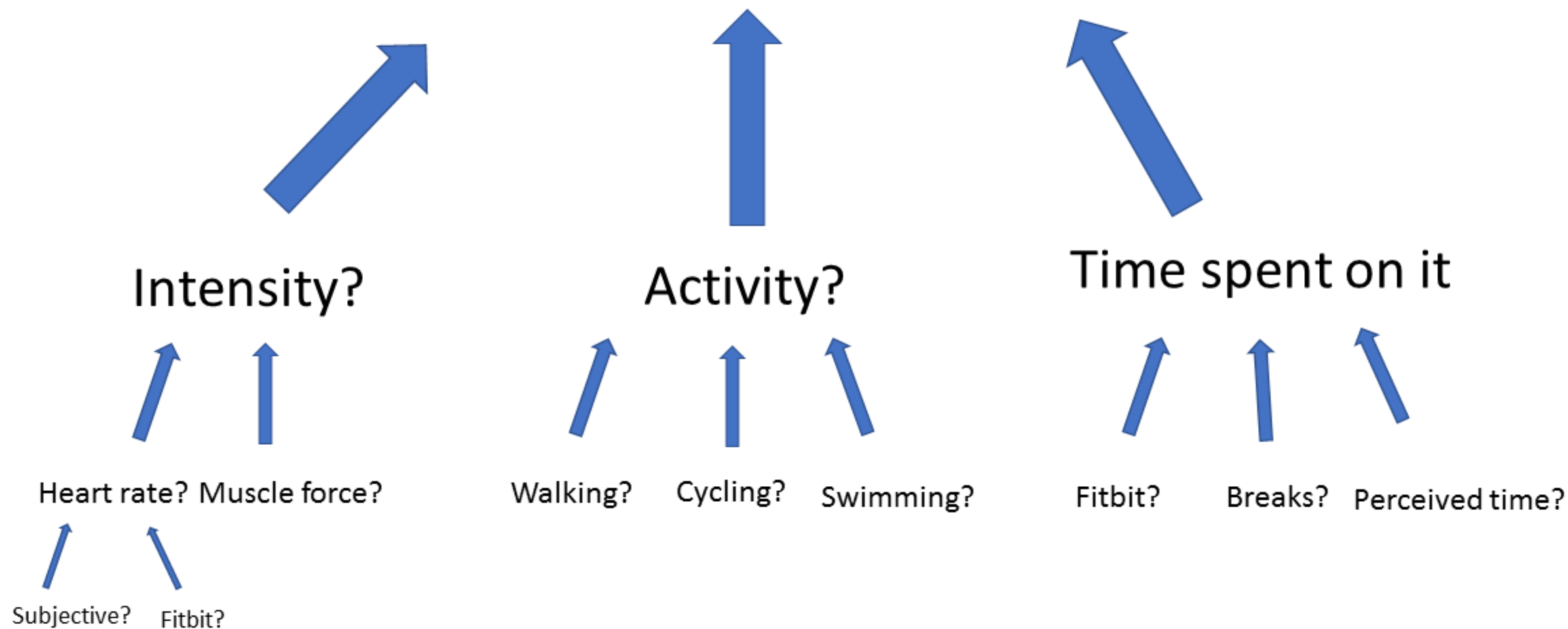
And to be able to compare individual factors

Sometimes, I can't or won't track all the variables beneath these important life factors

Thus, I track my subjective experiences

For example: Physical activity (1-10)

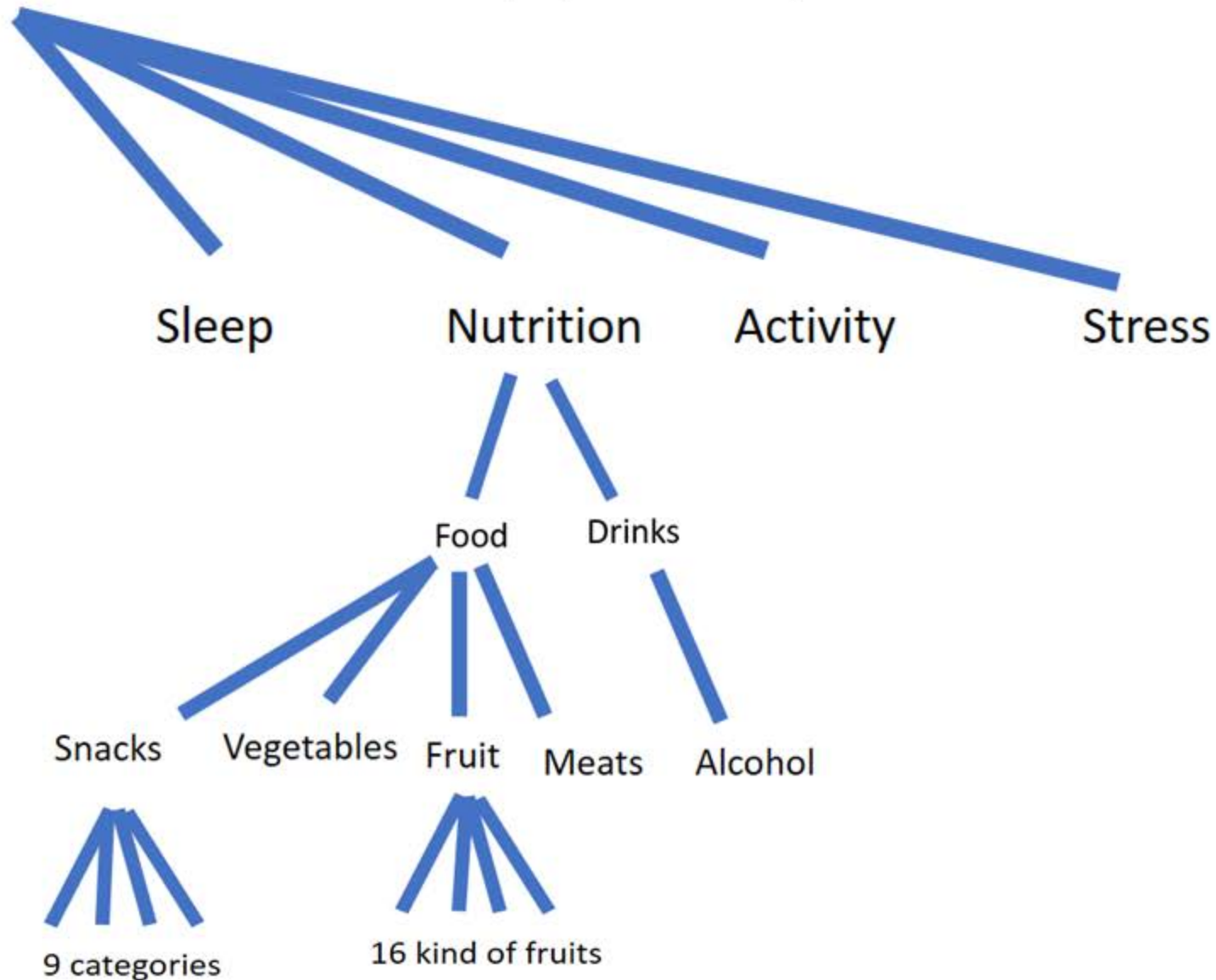
What makes me feel physical active?

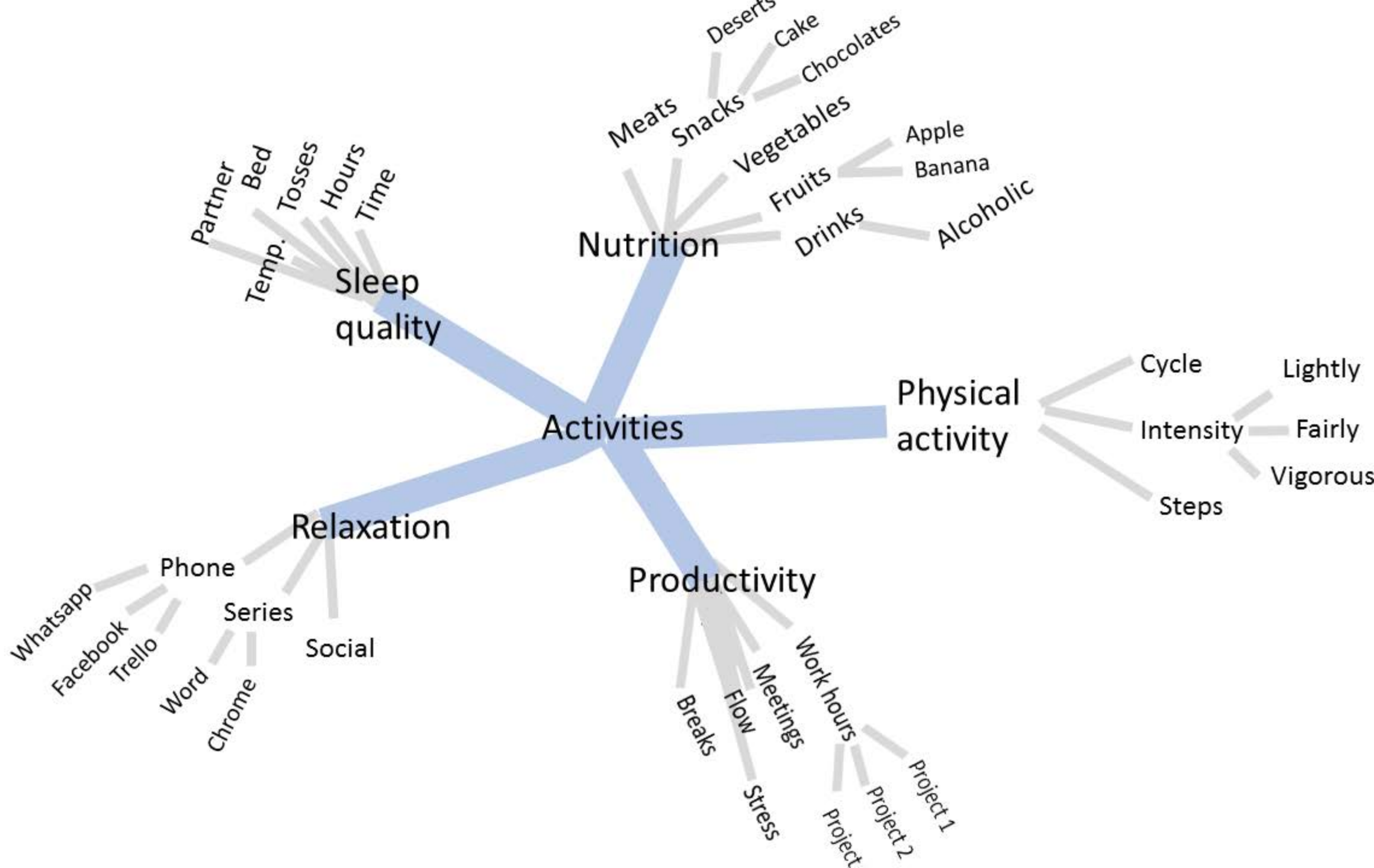


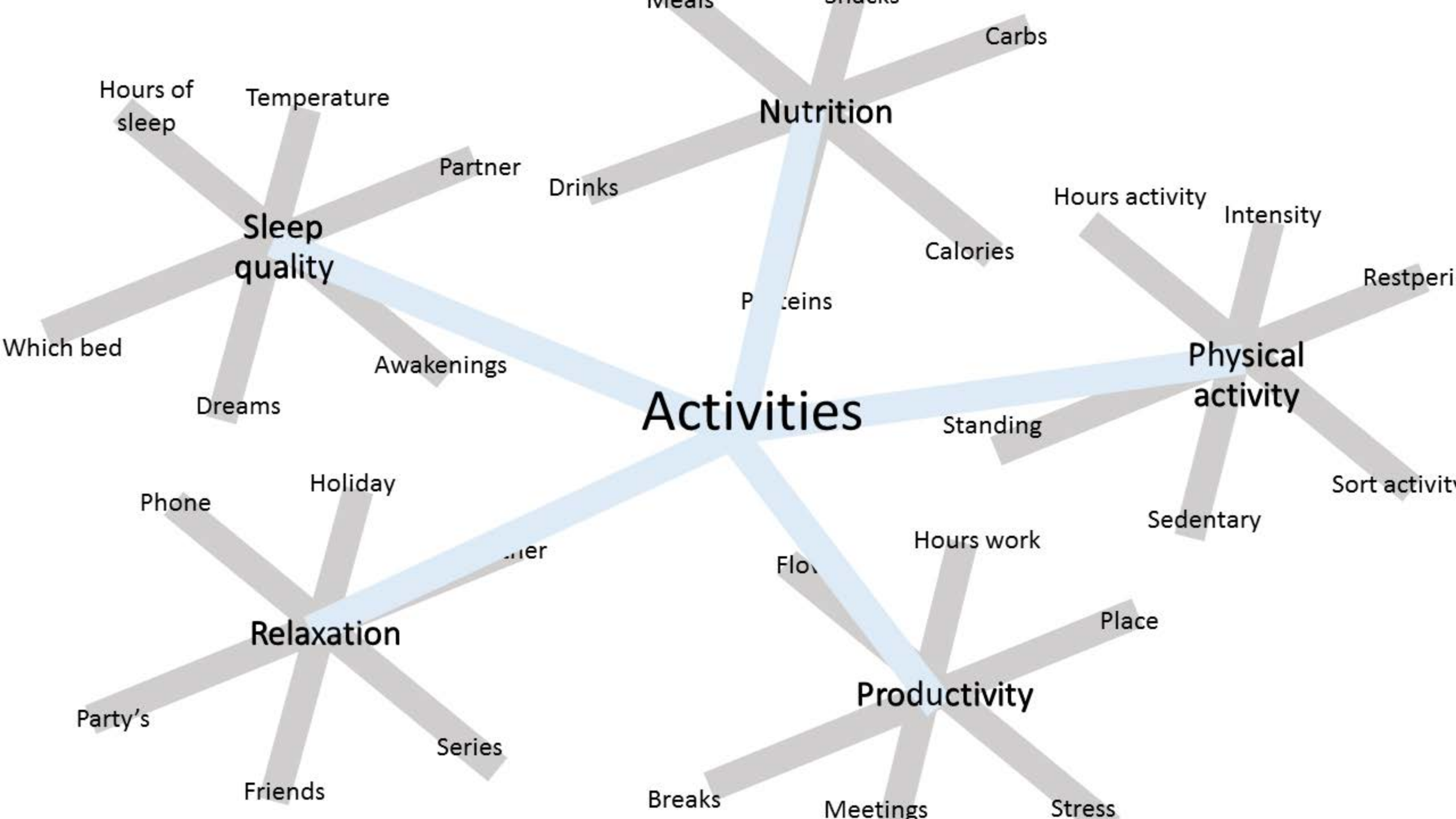
Sometimes...

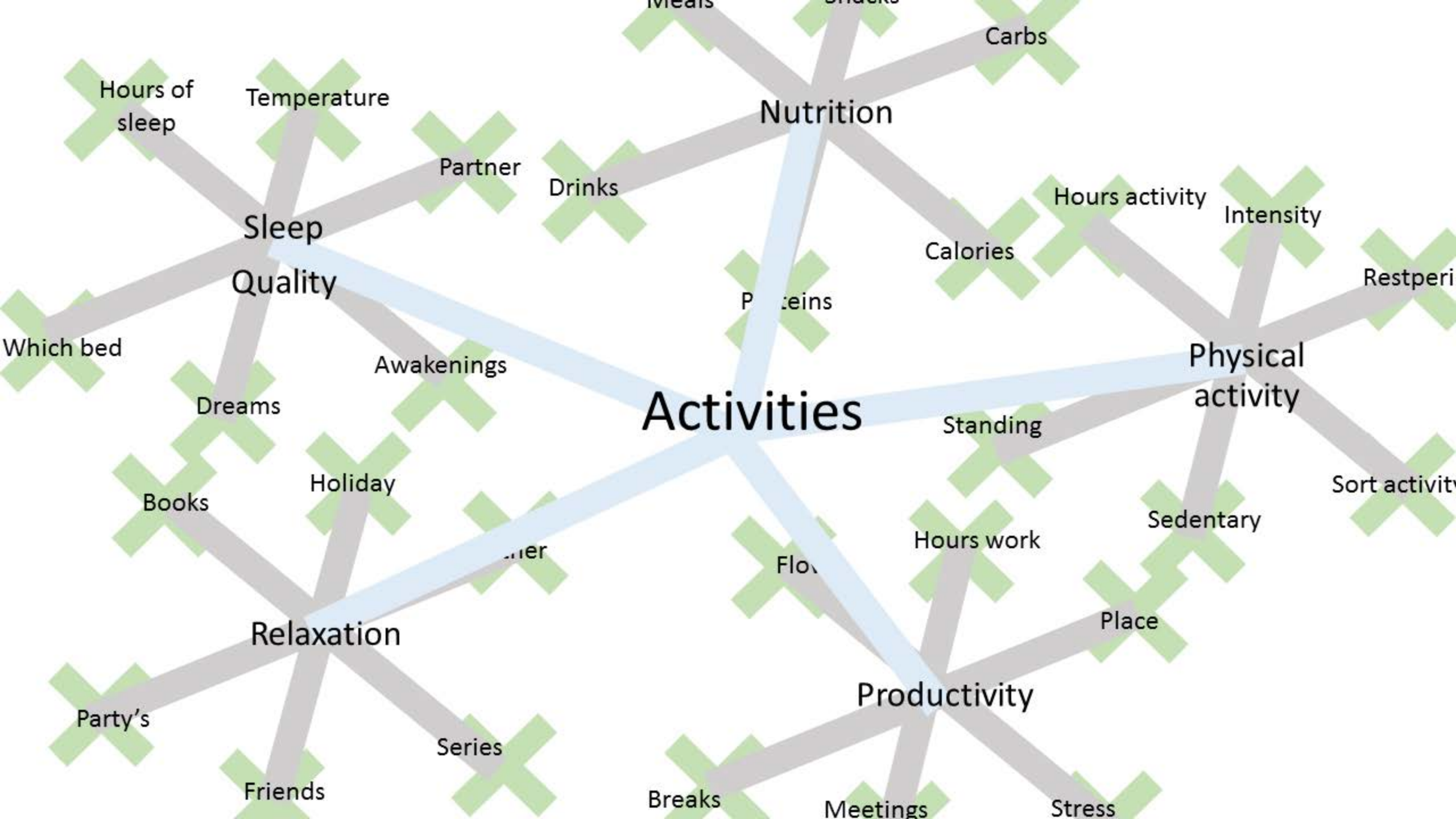
I want to understand and change my subjective experiences

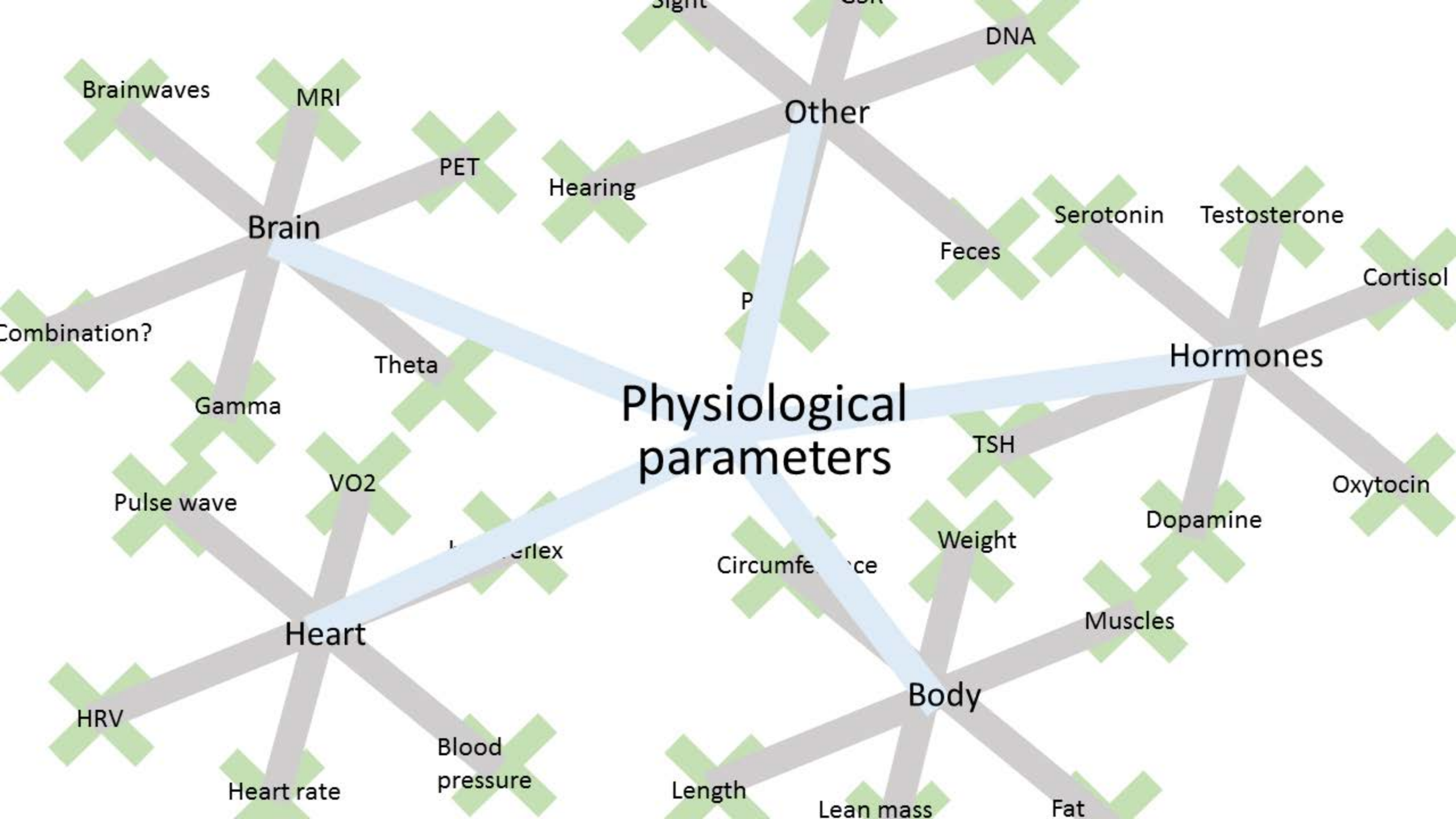
What influences my perception of health?









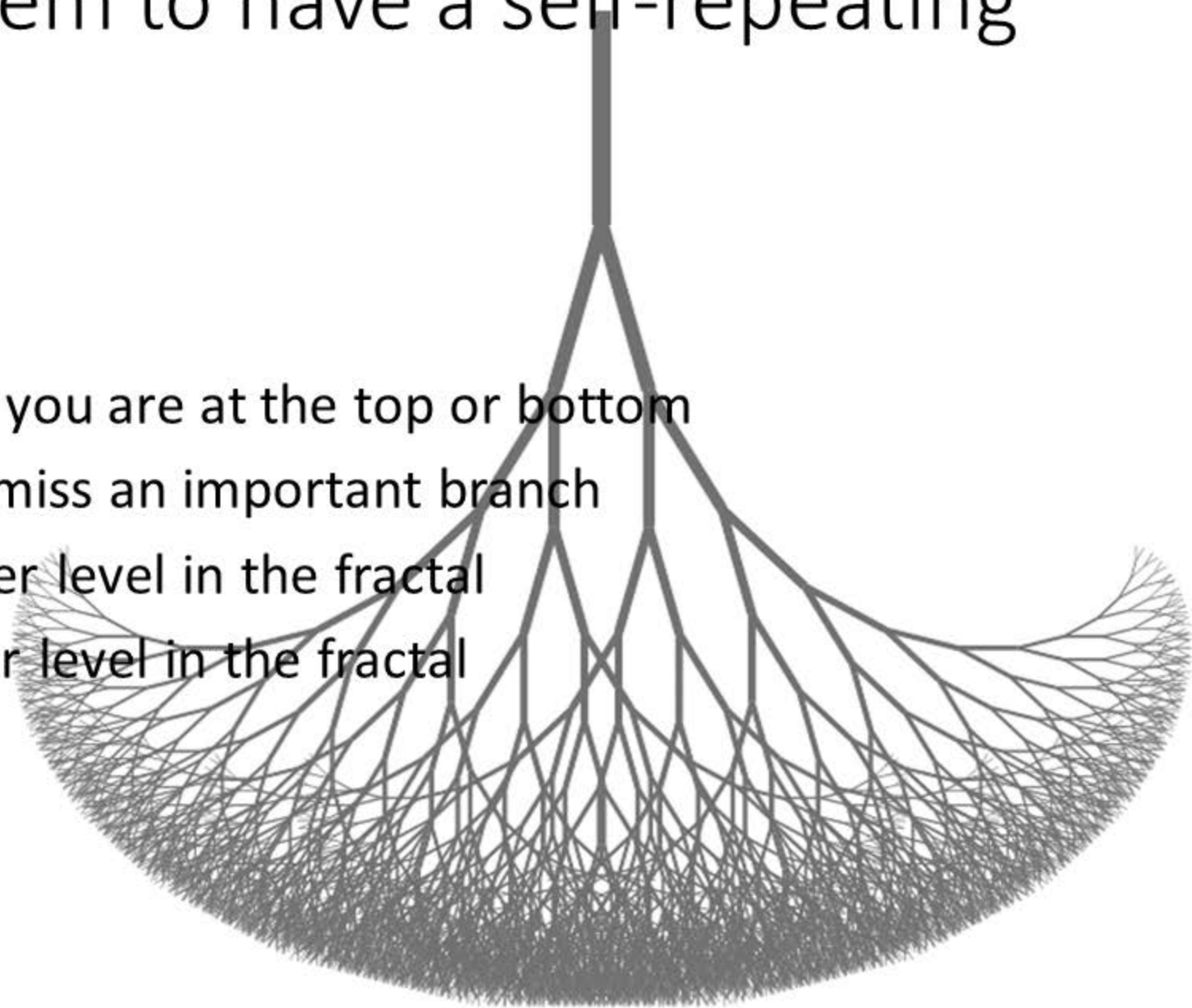




These concepts seem to have a self-repeating fractal-like shape

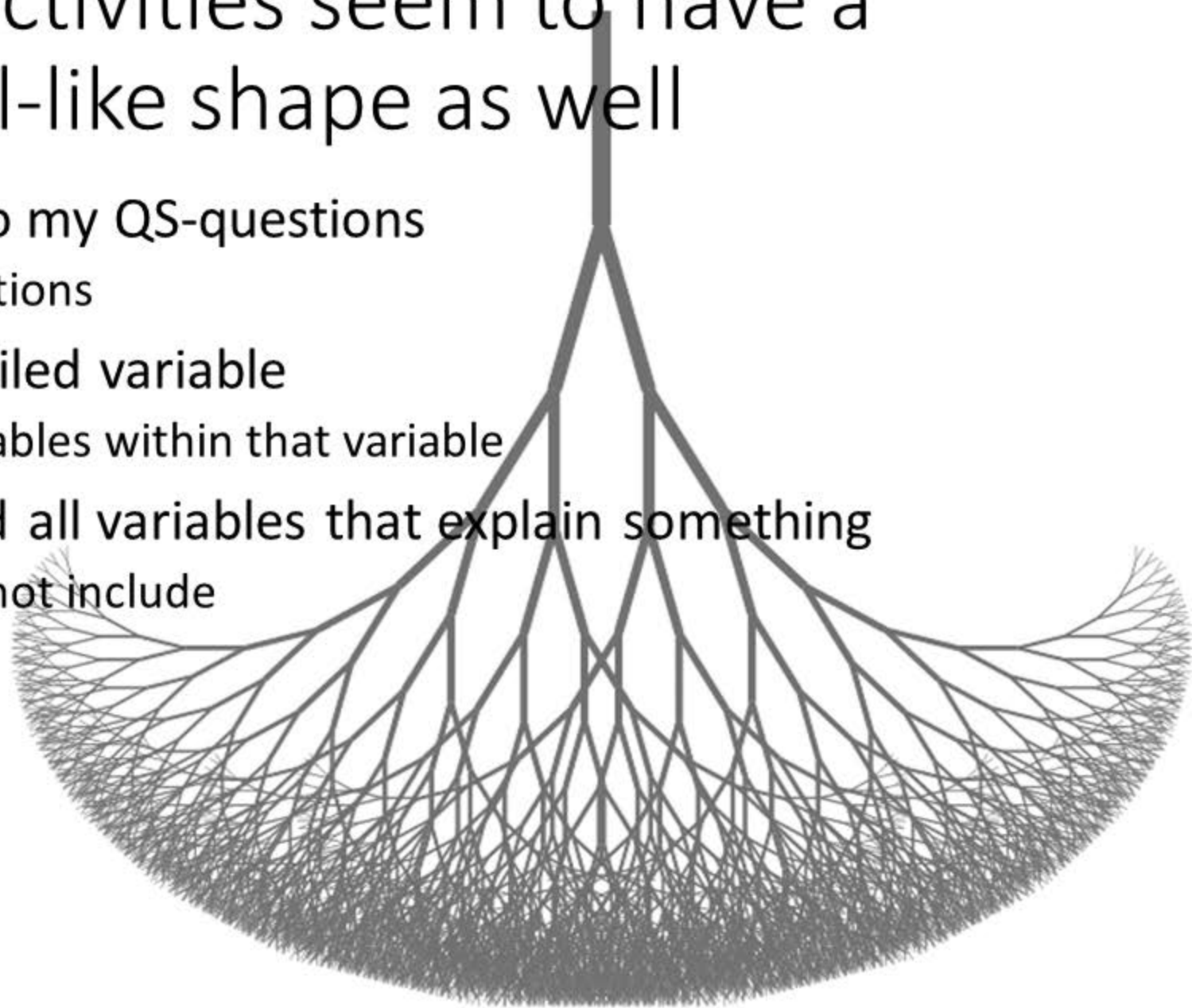
In theory:

- Fractals are infinitely long
- You'll never know whether you are at the top or bottom
- Therefore, you can always miss an important branch
- You can always find a deeper level in the fractal
- You can always find a higher level in the fractal

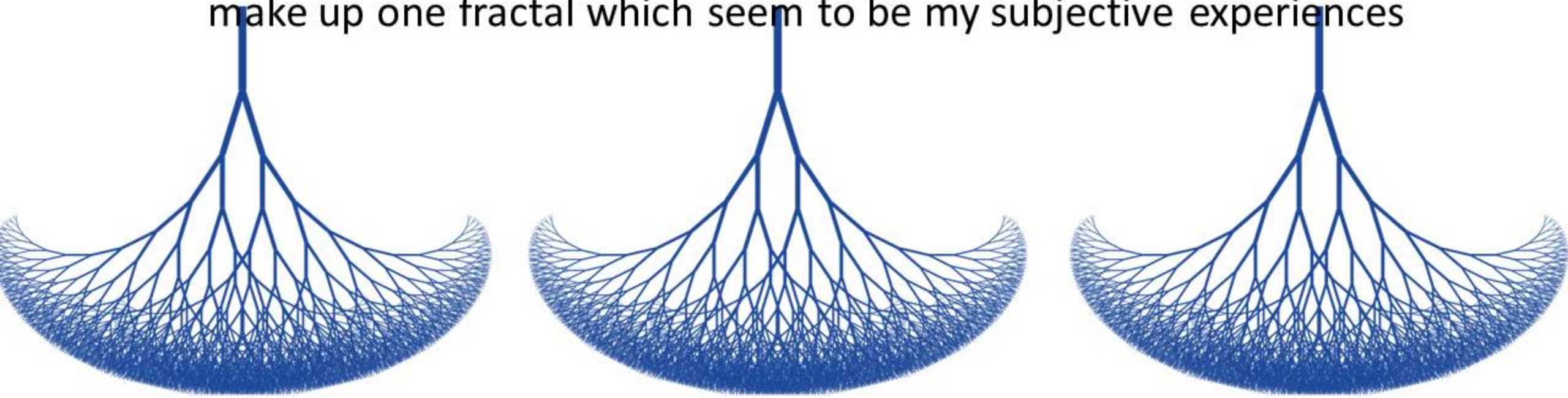


My Quantified Self activities seem to have a self-repeating fractal-like shape as well

- Every time I have an answer to my QS-questions
 - It raises a new but similar questions
- Every time I track a more detailed variable
 - It seems like there are sub-variables within that variable
- Every time I thought I included all variables that explain something
 - I find more variables that I did not include



Together, physiological parameters, situational factors, and activities make up one fractal which seem to be my subjective experiences

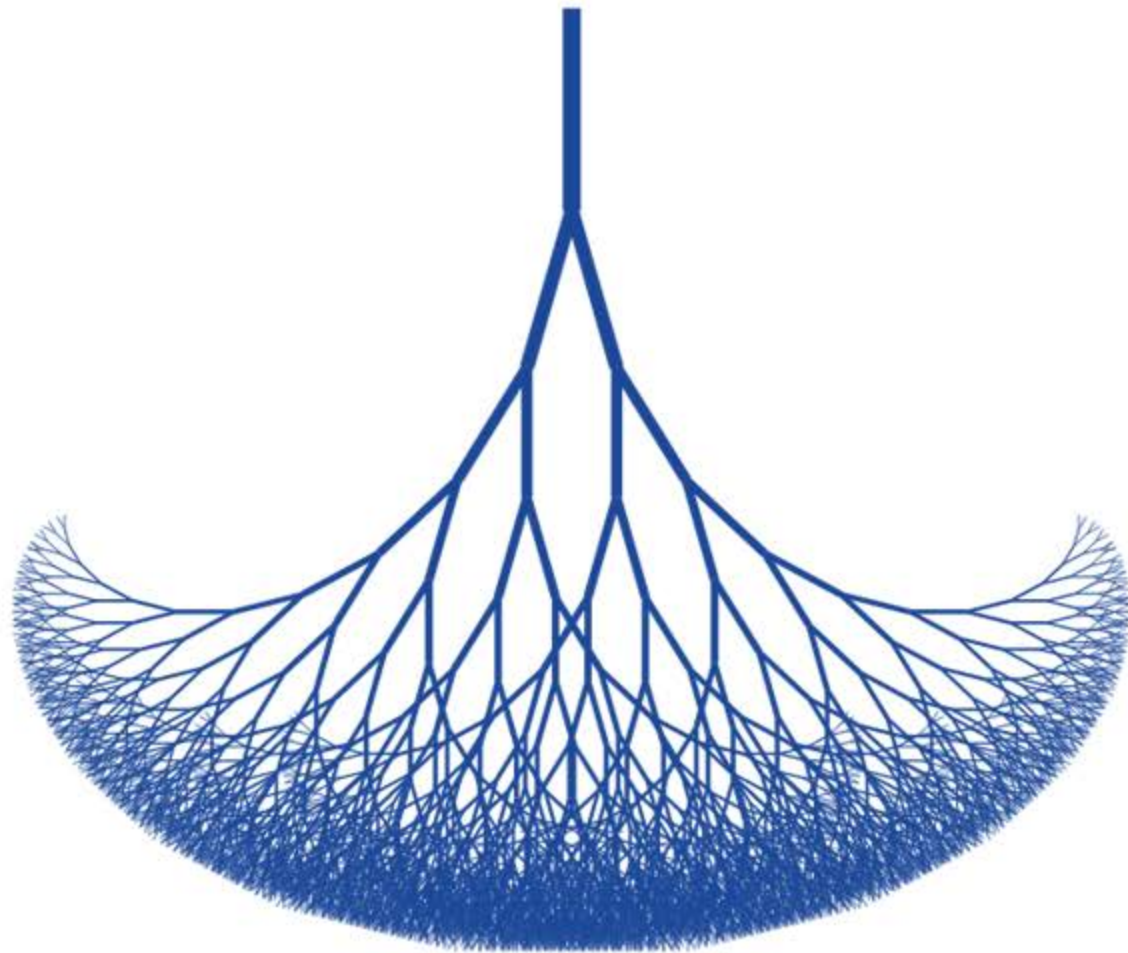


But are subjective experiences just an algorithm of:

Activities * situational * physiological responses?

Or am I missing a branch?

Me trying to
explain every
factor to each
detail



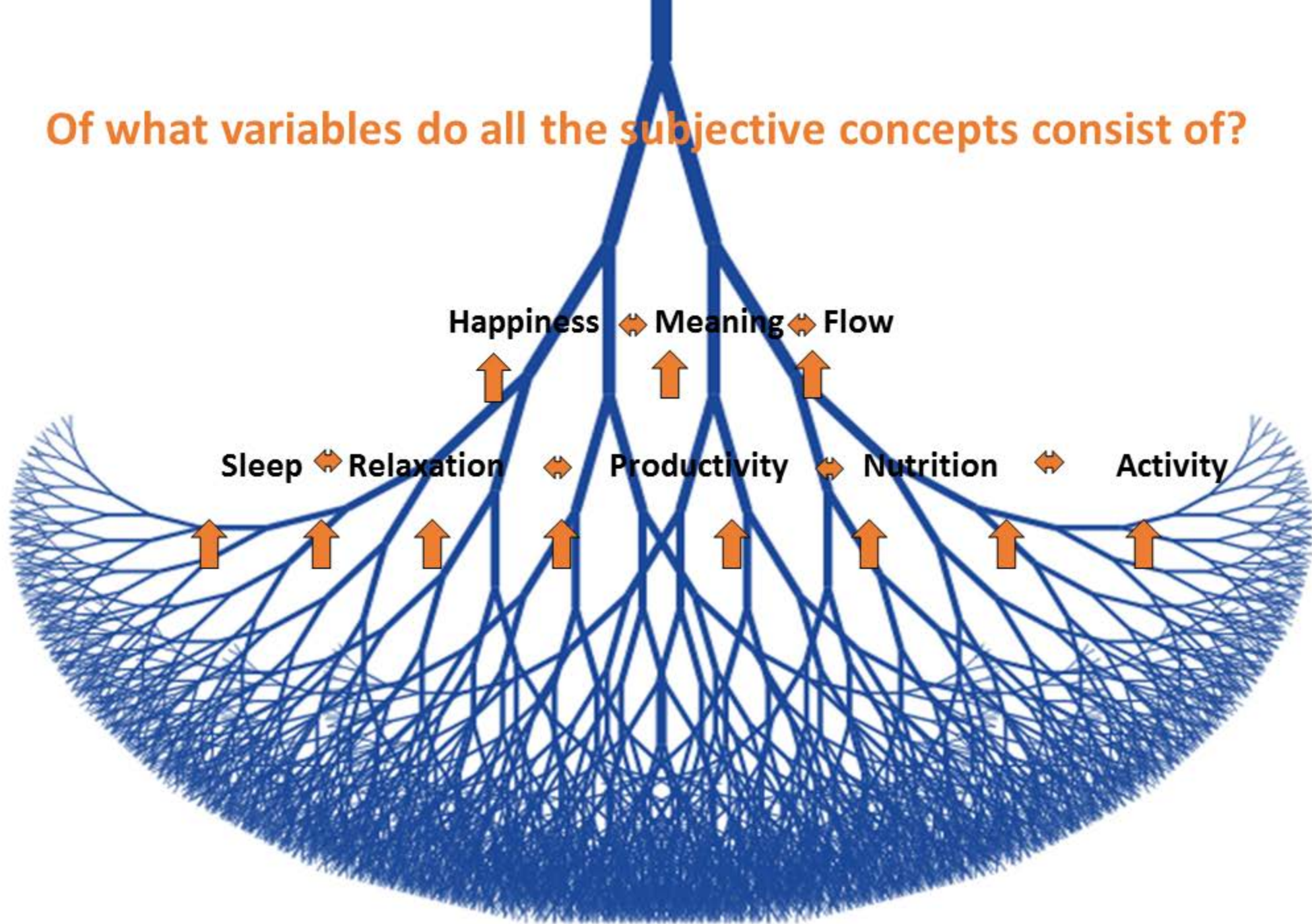
Me trying to
find more
contributing
factors



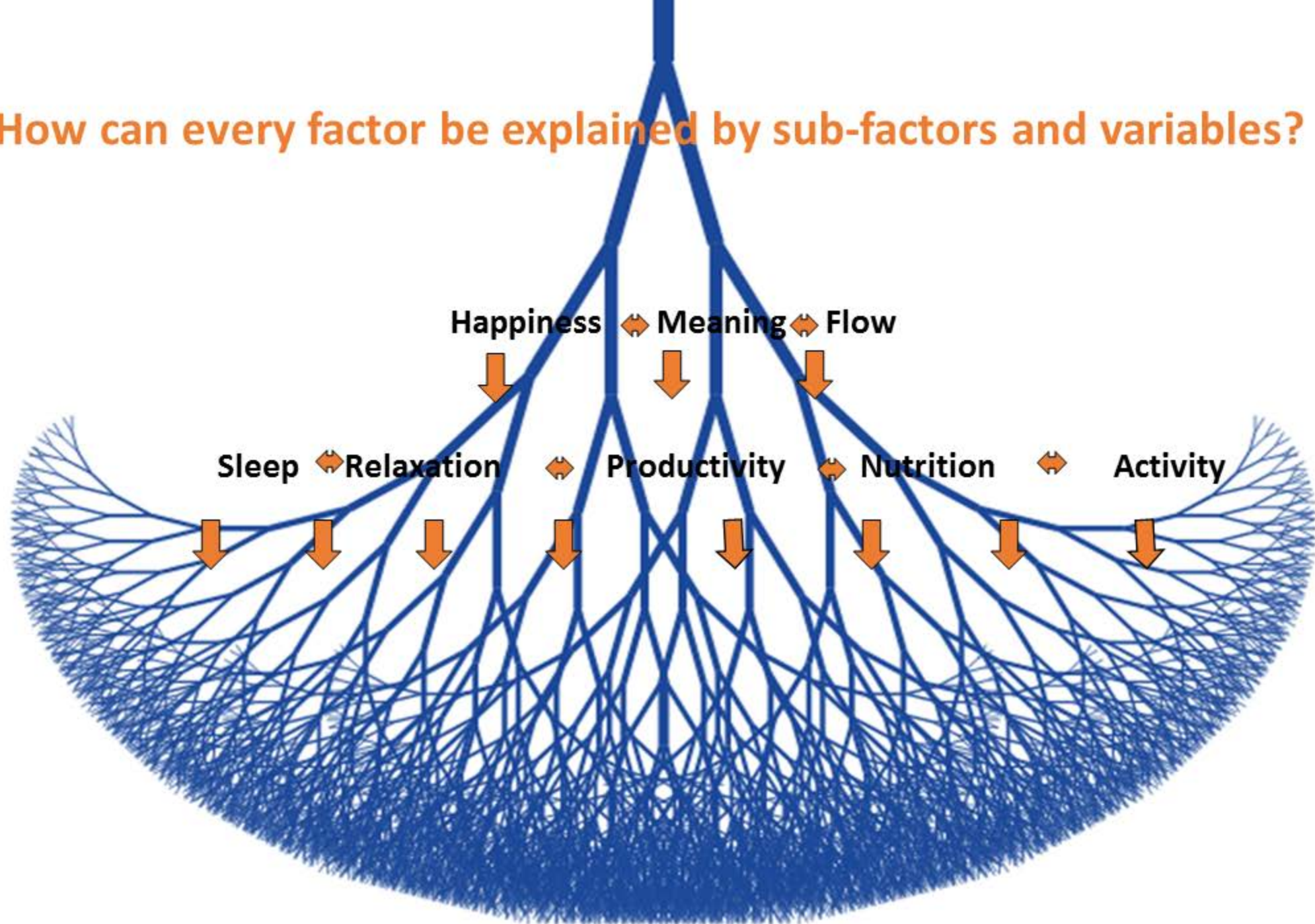
Me trying to
understand all
the concepts



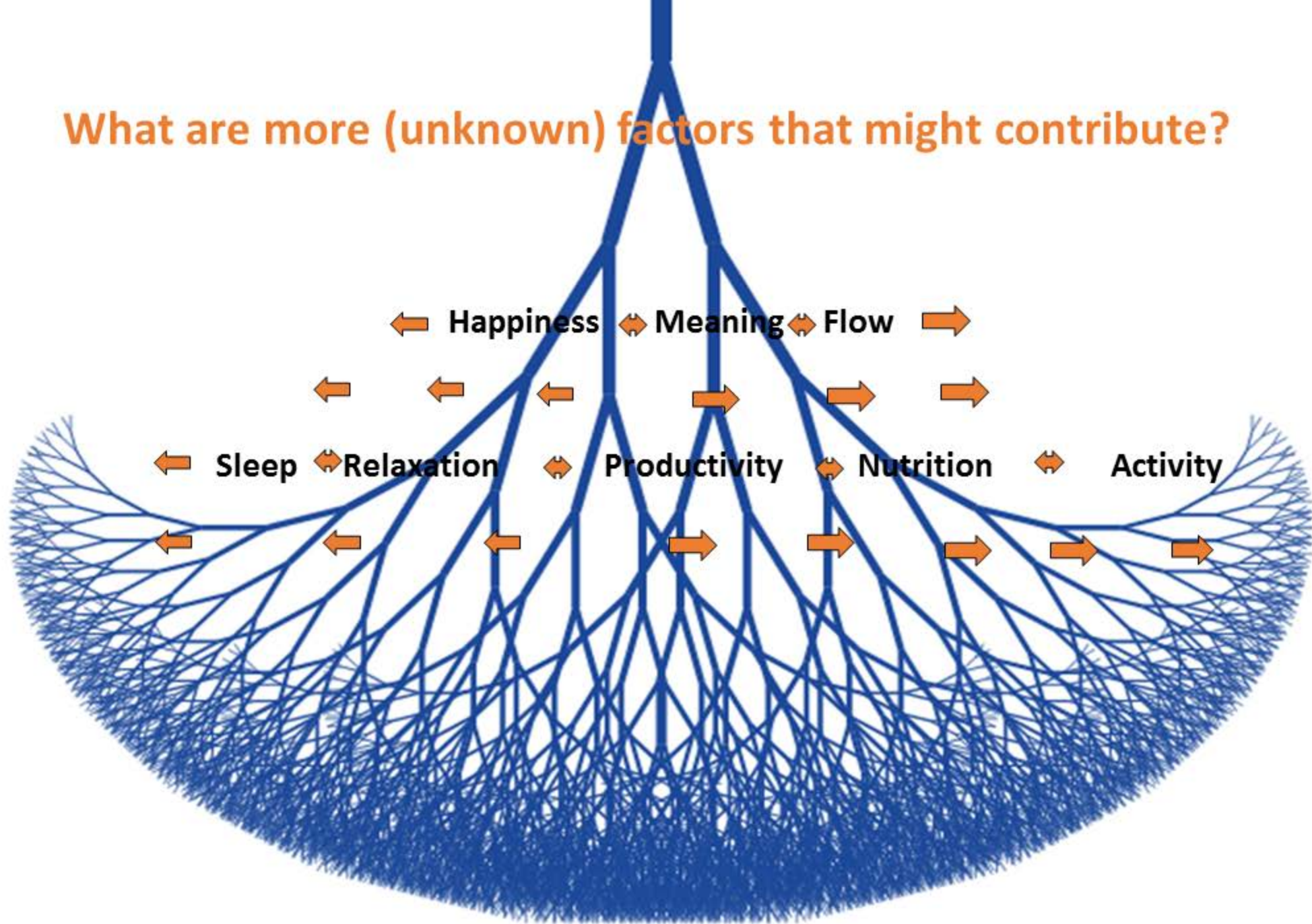
Of what variables do all the subjective concepts consist of?



How can every factor be explained by sub-factors and variables?



What are more (unknown) factors that might contribute?



**Because I have been tracking and analyzing, down, up,
and sideways in the fractal to find what life was all
about**

The variables are stacking up

Seeing that life is fractal
like opened my eyes

But focusing on specific
parts can keep me
focused





Thank you

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