

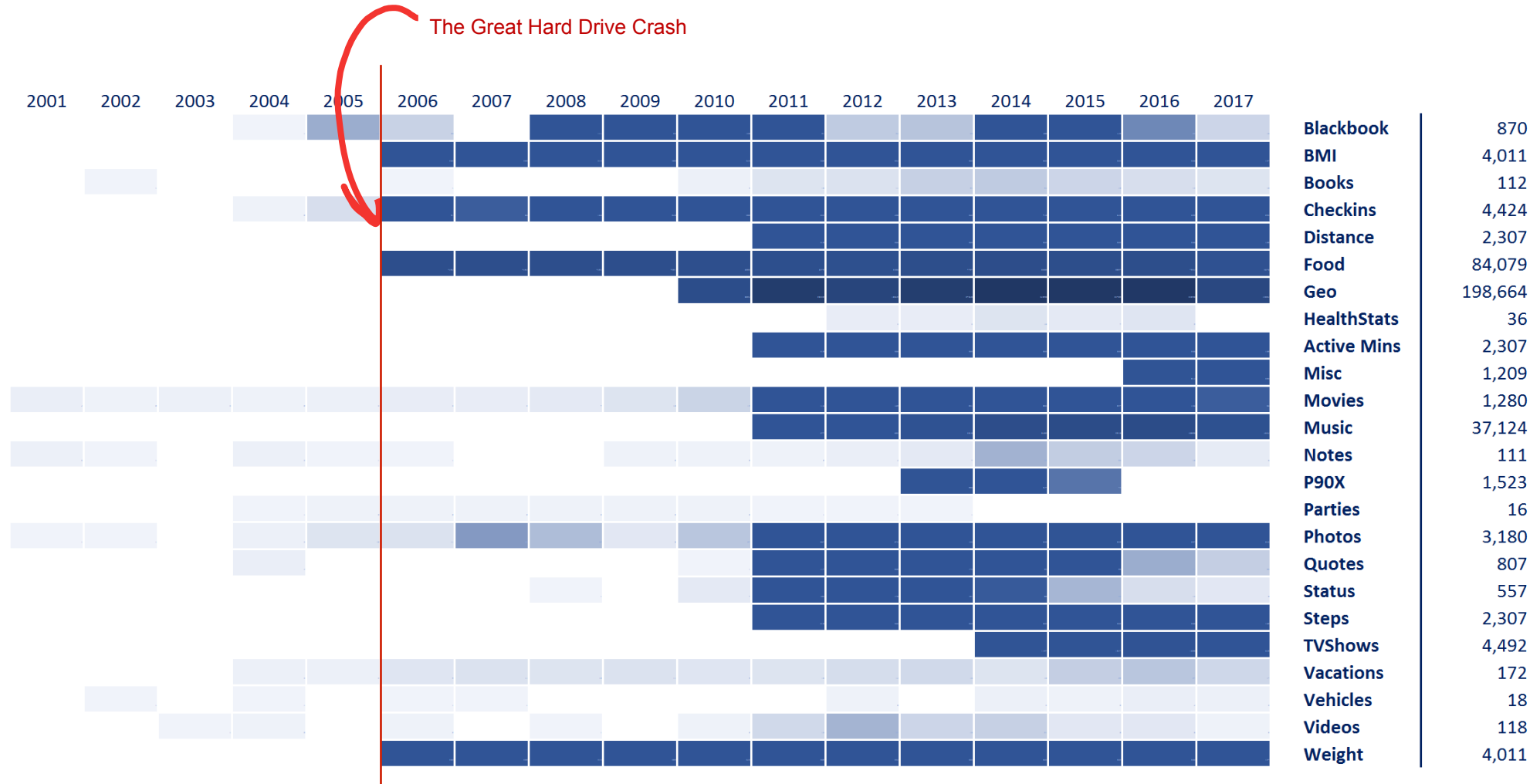
SETTING GOALS AND HOLDING MYSELF TO ACCOUNT

Quantified Self 2017

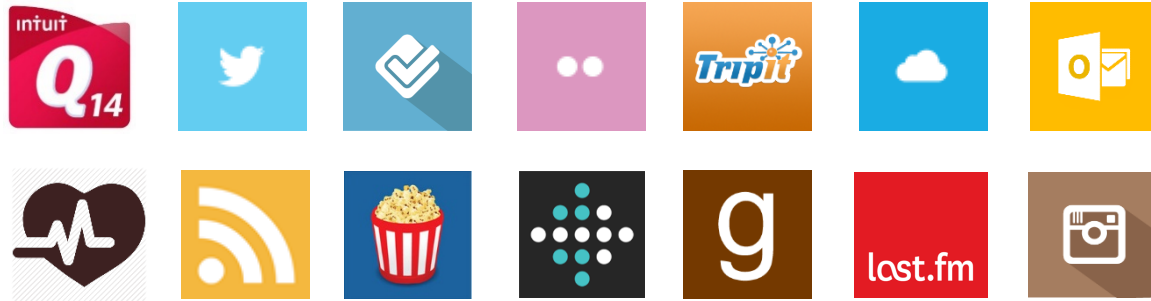
June 2017

lee@leerogers.com

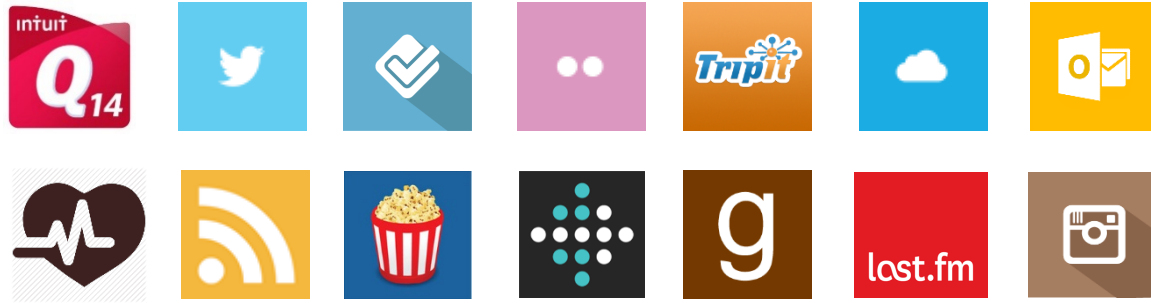
Data collections



Aggregation of data



Aggregation of data



Rich data sources



Pull down data



My local database server

Database Of Events



Listened to 'Black Keys - My Next Girl' 2014-07-20 15:57:18.000



Posted 'Happy Father's Day Pops. We miss you.' 2014-07-20 11:19:47.000



Pic of 'Parade #348. Falun Dafa is good'. 2014-07-20 11:19:47.000



Watched The Zero Theorem, 3 stars, 2014-07-18 21:55:00.000



Checked in @ Press Club #new 2014-07-18 18:01:07.000



Listened to 'Ray Charles, Georgia', 2014-07-20 15:57:18.000



Posted 'Is it just me or does this ENTIRE city smell like pot all the time?' 2014-07-20 11:19:47.000



Trip, Scouting Trip in Los Angeles, CA 2014-07-11 21:22:46.000



Walked 10,685 steps, 4.7 miles 2014-07-11 21:22:46.000



Finished reading 'The Silence of the Lambs by Thomas Harris', 2014-07-11 21:22:46.000

Geek Details – Getting to the data

Crap Scale™

Preferred Method

- Homeseer Home Automation
- VBScript scripts run periodically
- Queries APIs, RSS, or IFTTT web posts
- Write results to Microsoft SQL

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- VBScript scripts run periodically
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Not Optimal Method

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Manual Method

- Manual entry
- Web forms to input
- or Streamline by using voice
- Google Assistant to IFTTT to web svc
- Writes results to Microsoft SQL

Not to be defined by my quantified self alone

“What Goes On The Tombstone”

Drive to **qualitative**



Life Goals – A Mission Statement

Be healthy
and fit

Be well
rounded and
wise

Be zen and
live in the
moment

Be helpful
and a good
friend

Life Goals To Real Objectives

OBJECTIVES

#health

- Drink more water
- Drink less soda
- Eat more fruits and vegetables
- Eat less
- Walk more
- Exercise more
- Improve healthstats
- Drink less alcohol
- Get to target body weight

#wise

- Travel more
- Watch the best movies
- Watch the best television
- Read the best books
- Discover new music
- Listen to great podcasts
- Live new experiences
- Experience more venues

#zen

- Meditate
- Live in the moment
- Be financially responsible
- Get things done
- Automate bullshit
- Save more money
- Reduce possessions

#friend

- Build a strong social circle
- Stay in touch
- Share experiences
- Be helpful

Life Goals To Real Objectives

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SOURCE

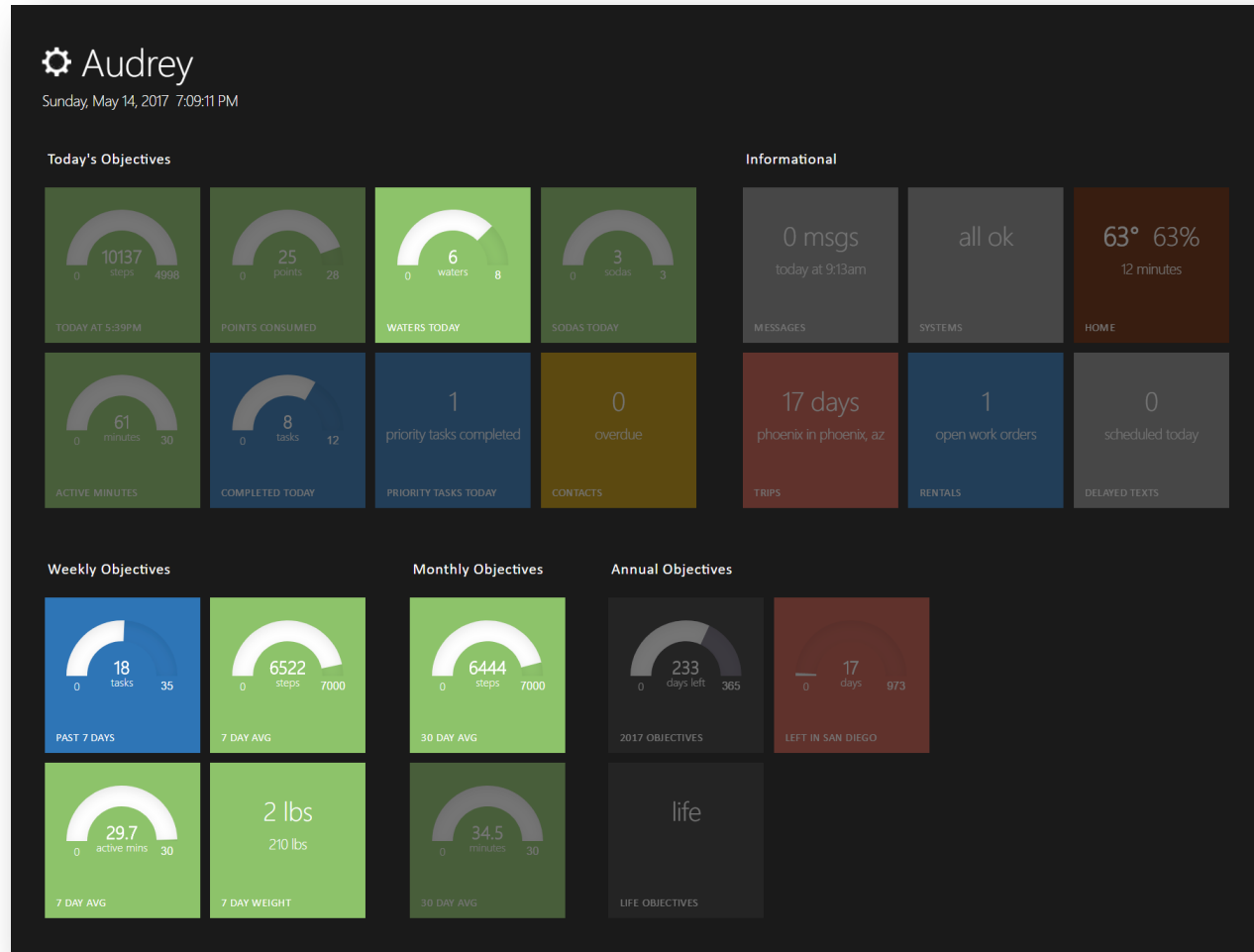
- **Custom food tracker**
- **Activity tracker**
- **Manual entries**
- **Fitbit scale**

- **Triplt**
- **Flixster**
- **PLEX**
- **Goodreads**
- **Last.FM**
- **Foursquare**
- **Tasker**

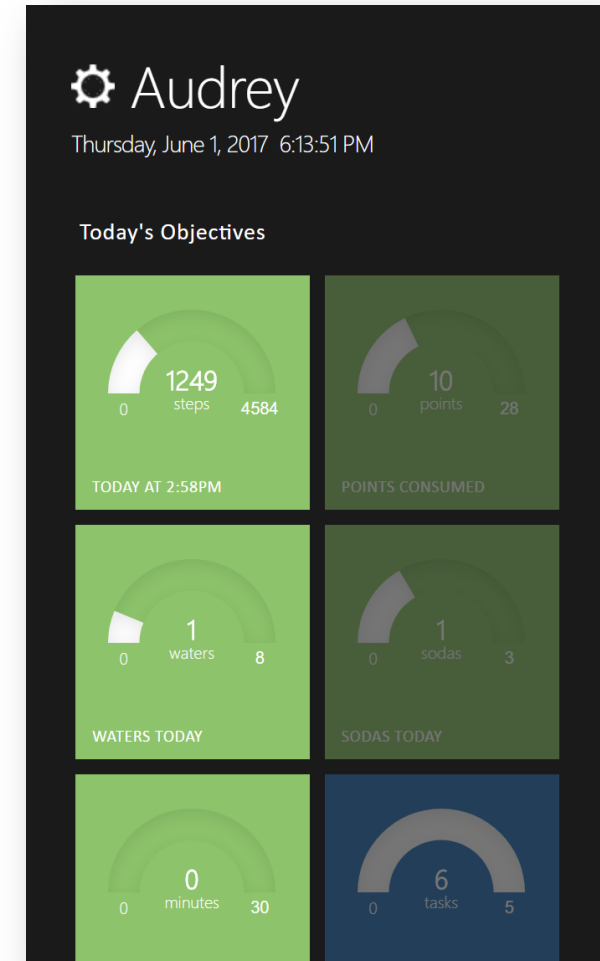
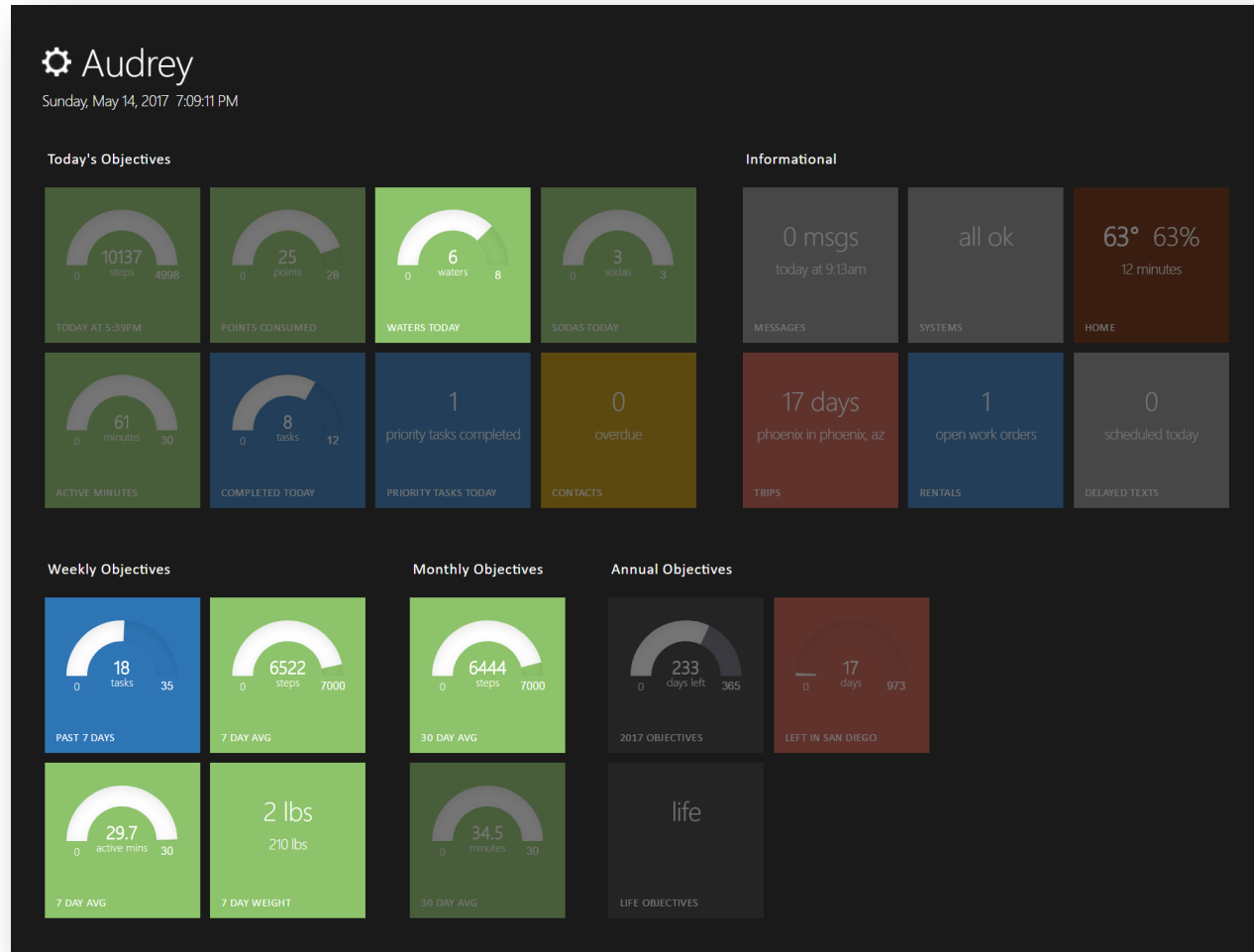
- **Quicken**
- **Office365**
- **Headspace**

- **Tasker**
- **IFTTT**
- **Foursquare**
- **Manual entries**

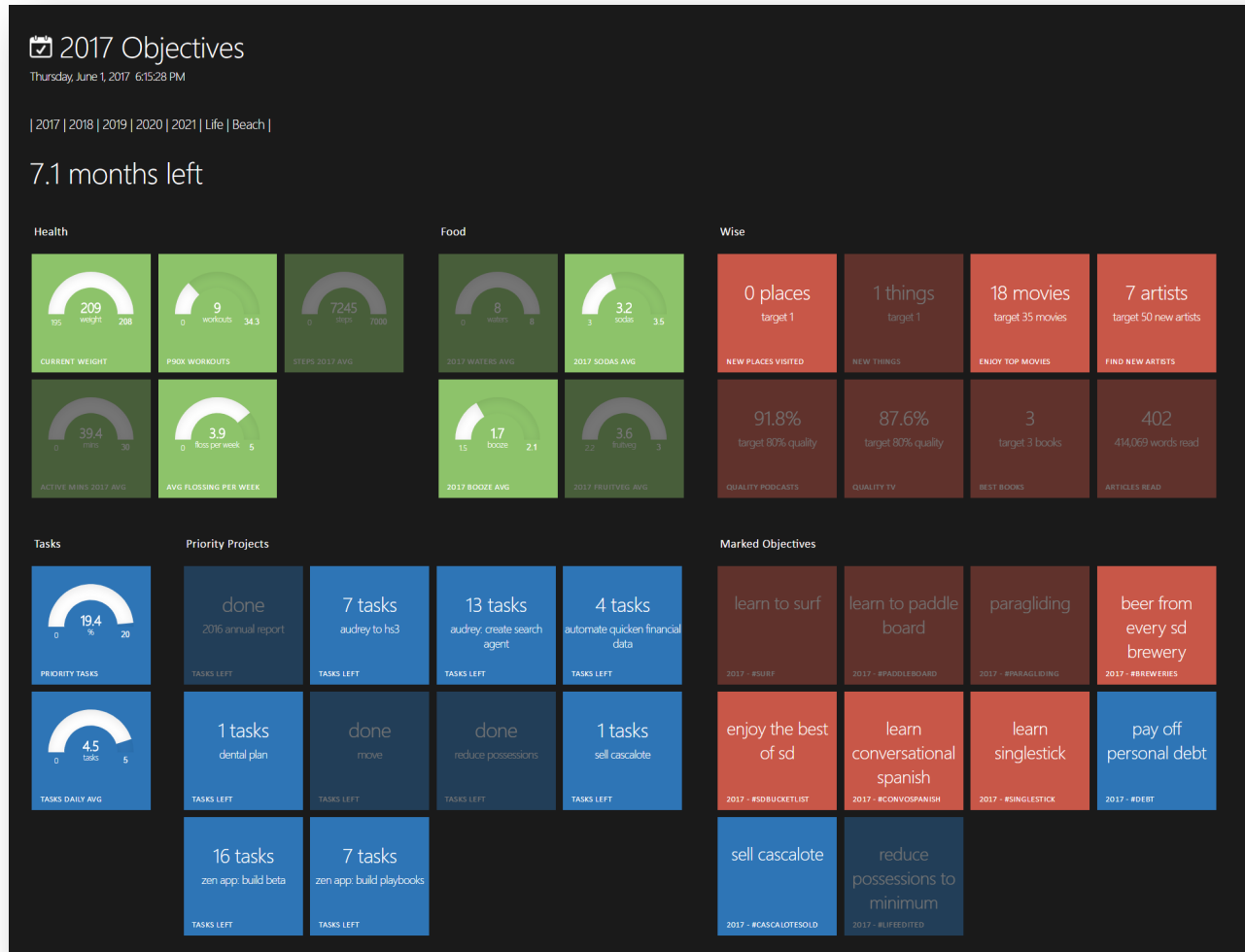
Dashboard – Daily Driver



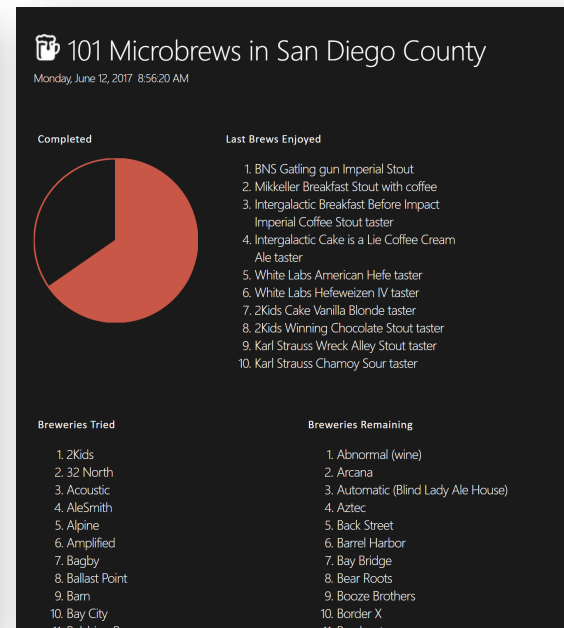
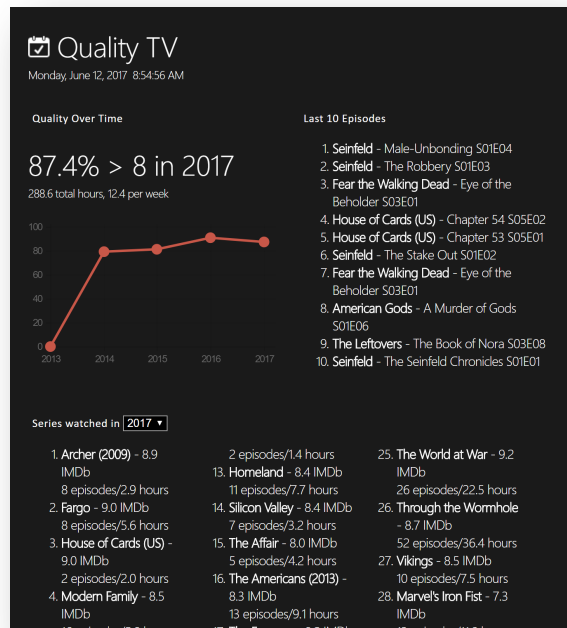
Dashboard



Annual Dashboard



Drill-down Dashboards



Geek Details

- IIS web server
- Classic ASP web
- Custom CSS
- Microsoft SQL
- chart.js and justgaug.js

Annual Reports



<http://feltron.com>

lee@leerogers.com

Annual Reports

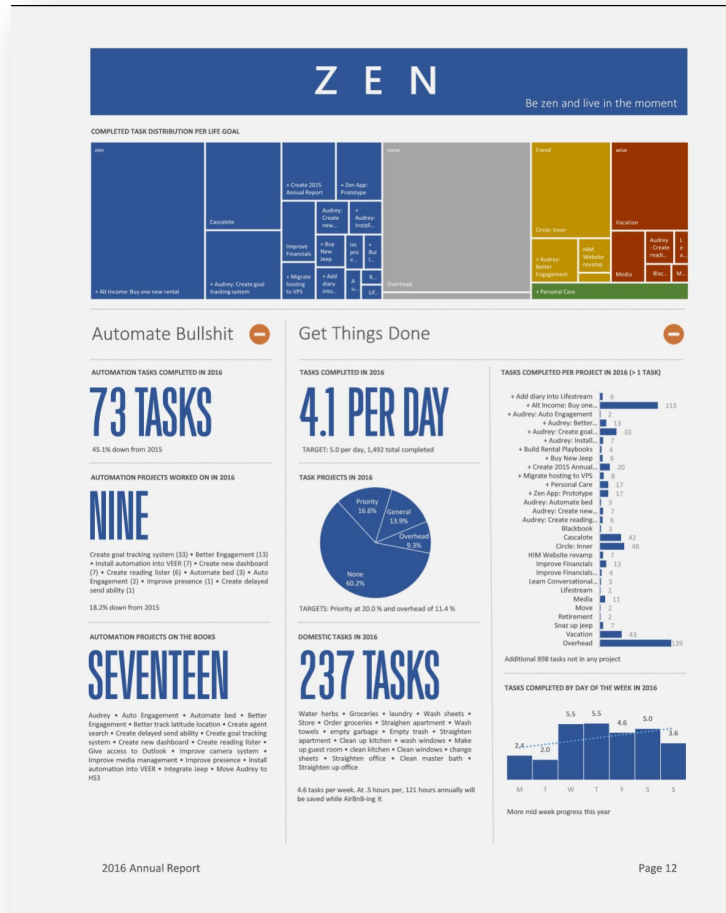


<http://feltron.com>



lee@leerogers.com

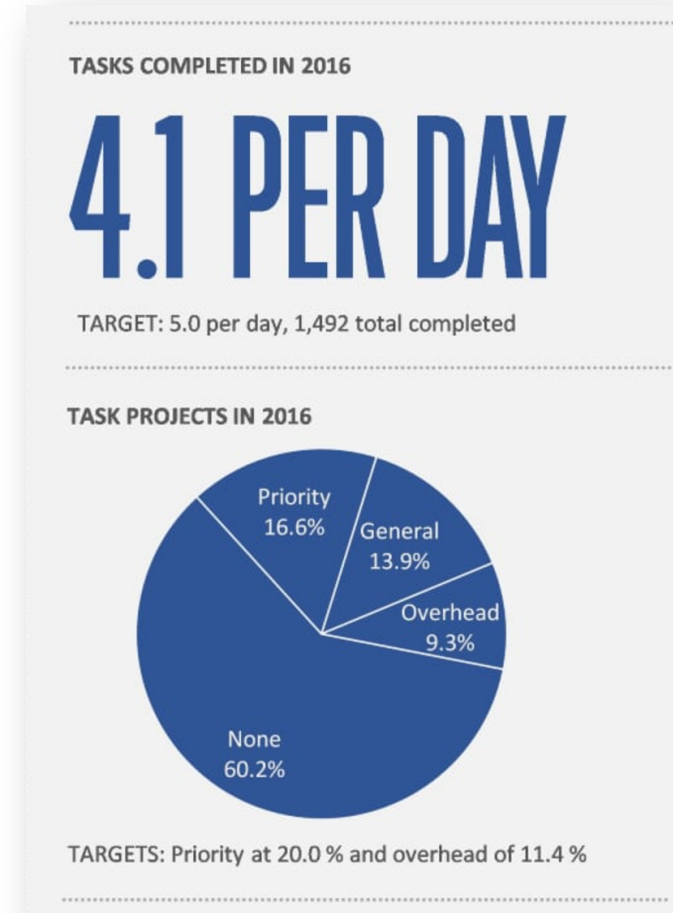
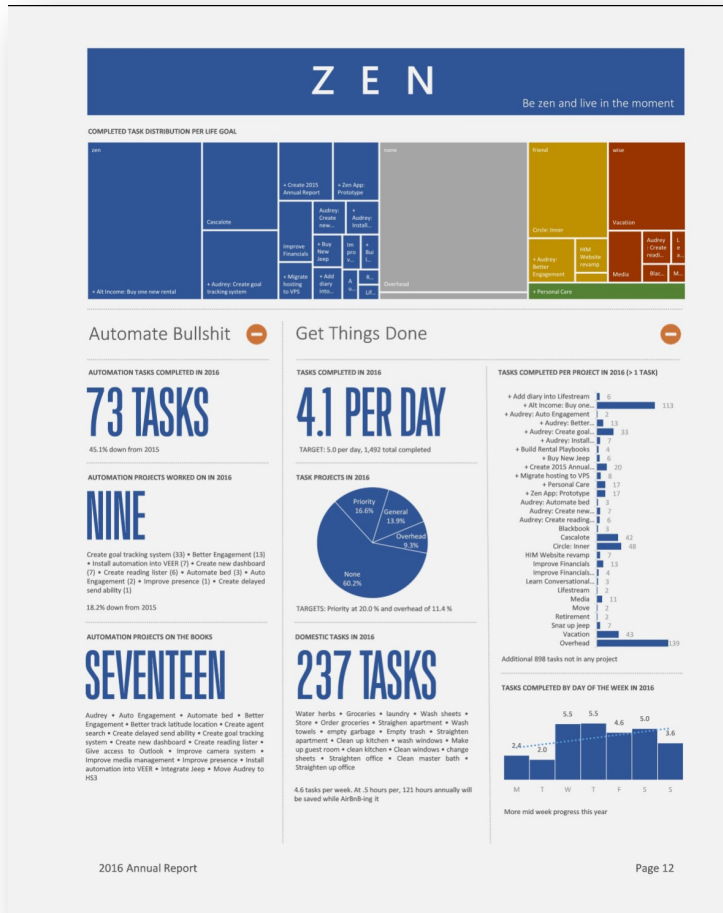
What I learned - Getting things done



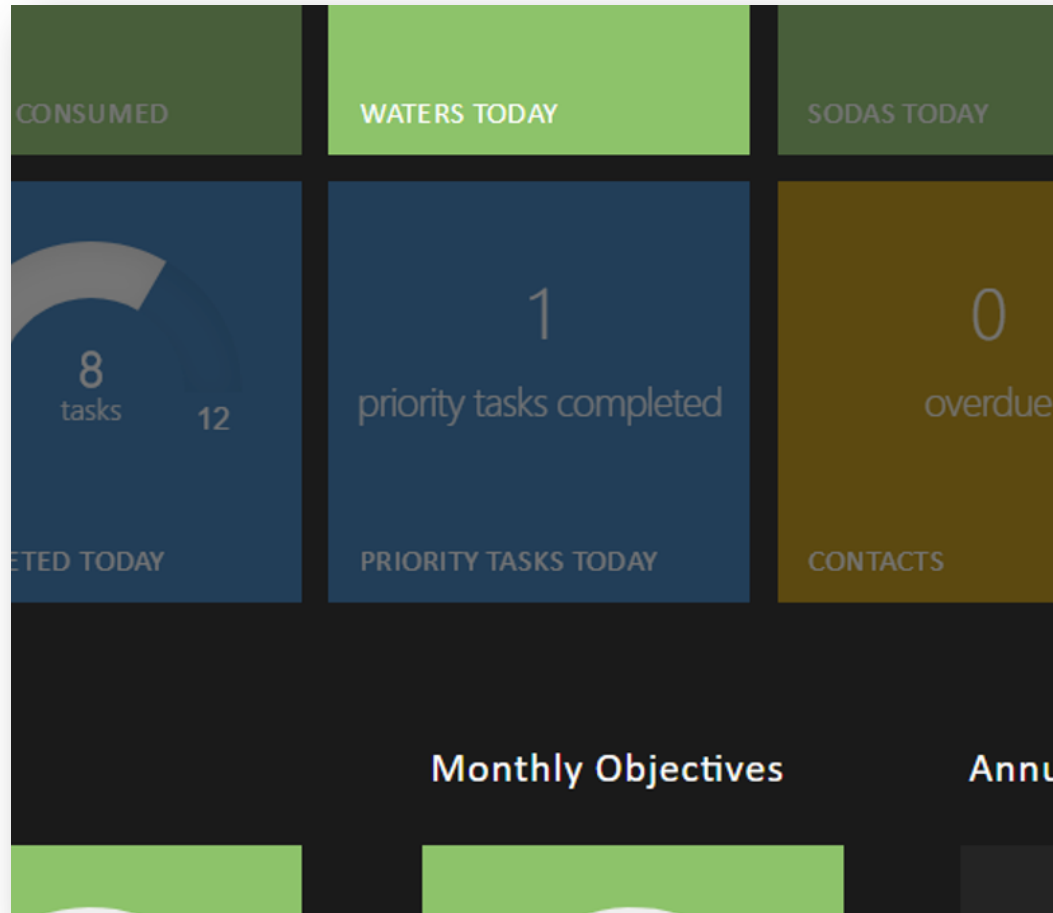
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What I learned - Getting things done



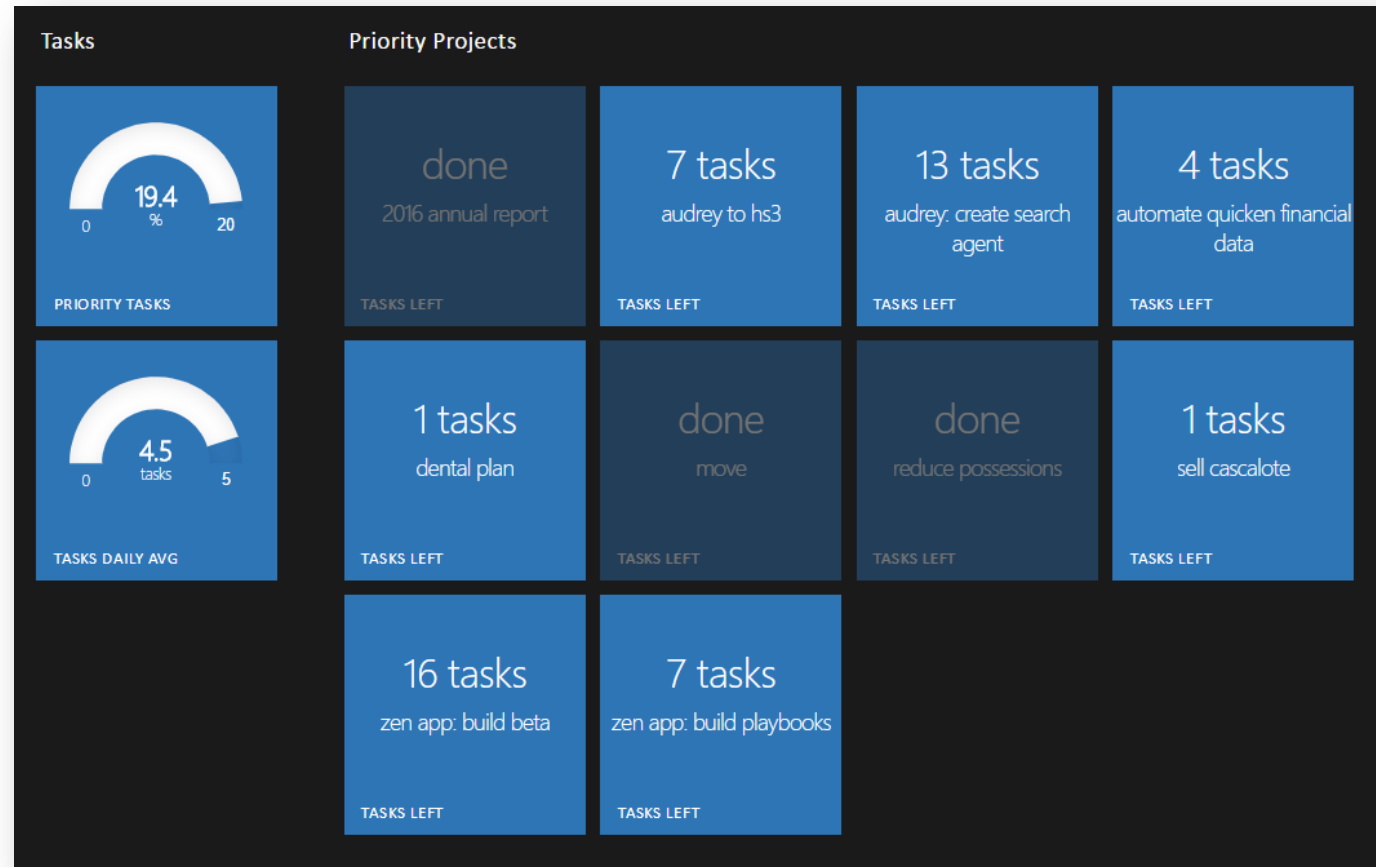
Action - Getting things done



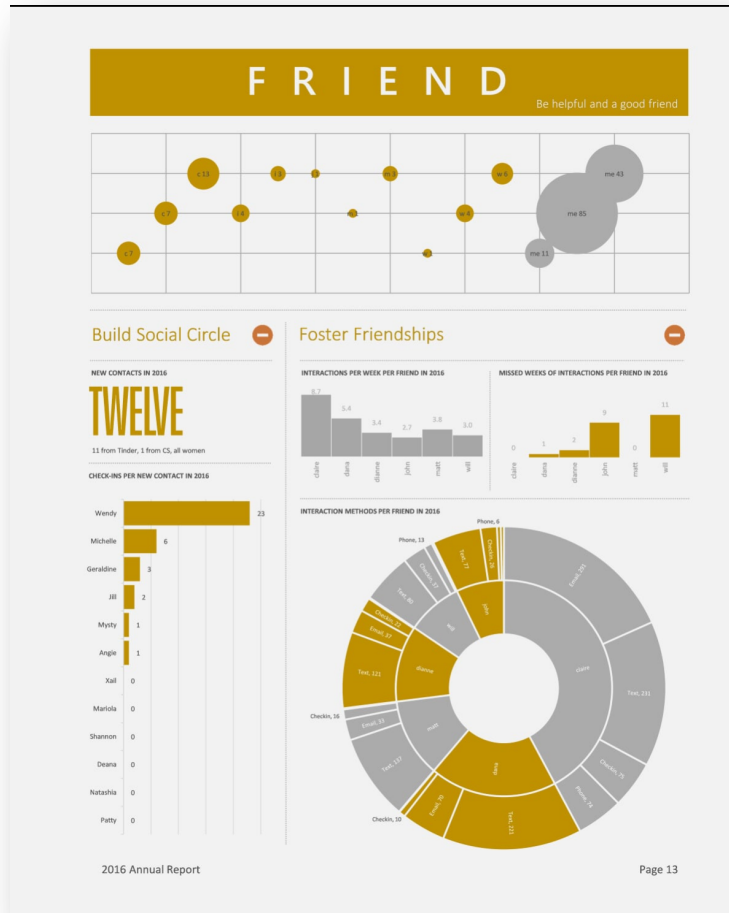
Geek Details

- Use categories in Outlook for projects
- Mark priority projects with +
- Script runs periodically
- Downloads all tasks from Office365 using API into local database
- Query as needed

Results- Getting things done



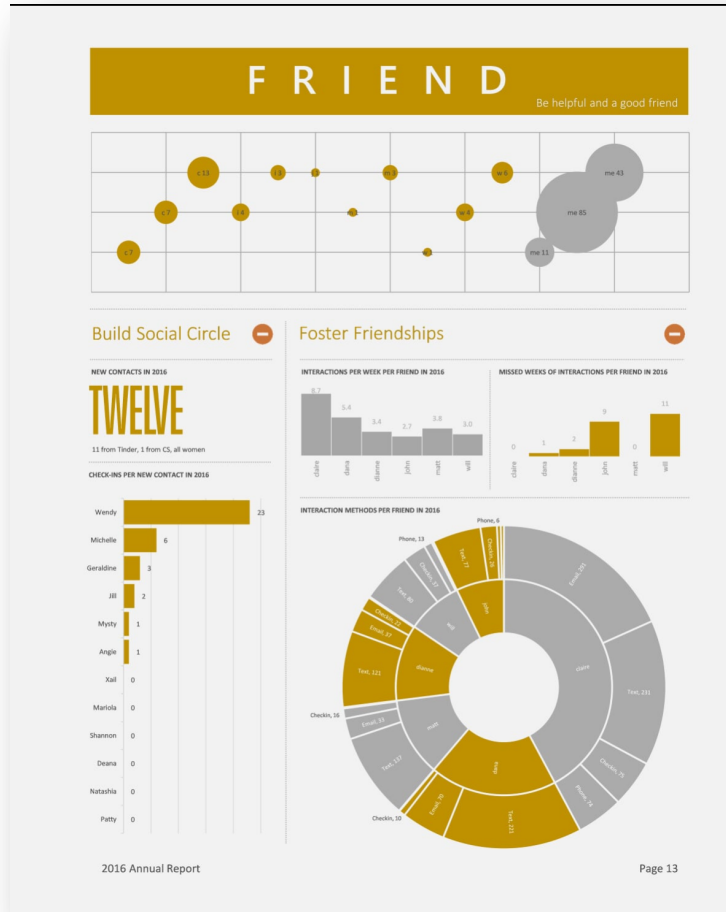
What I learned - Stay in Touch



#friend

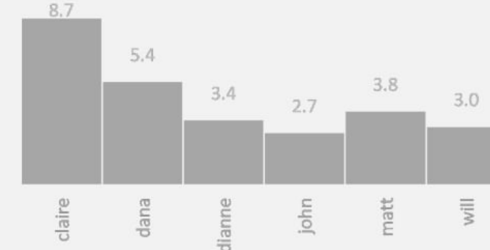
- Build a strong social circle
- Share experiences
- Stay in touch
- Be helpful

What I learned - Stay in Touch

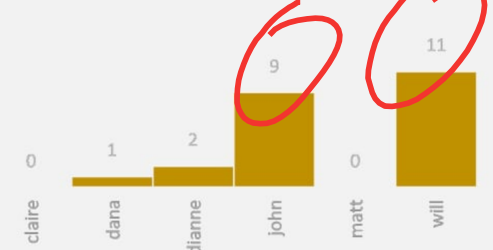


Foster Friendships

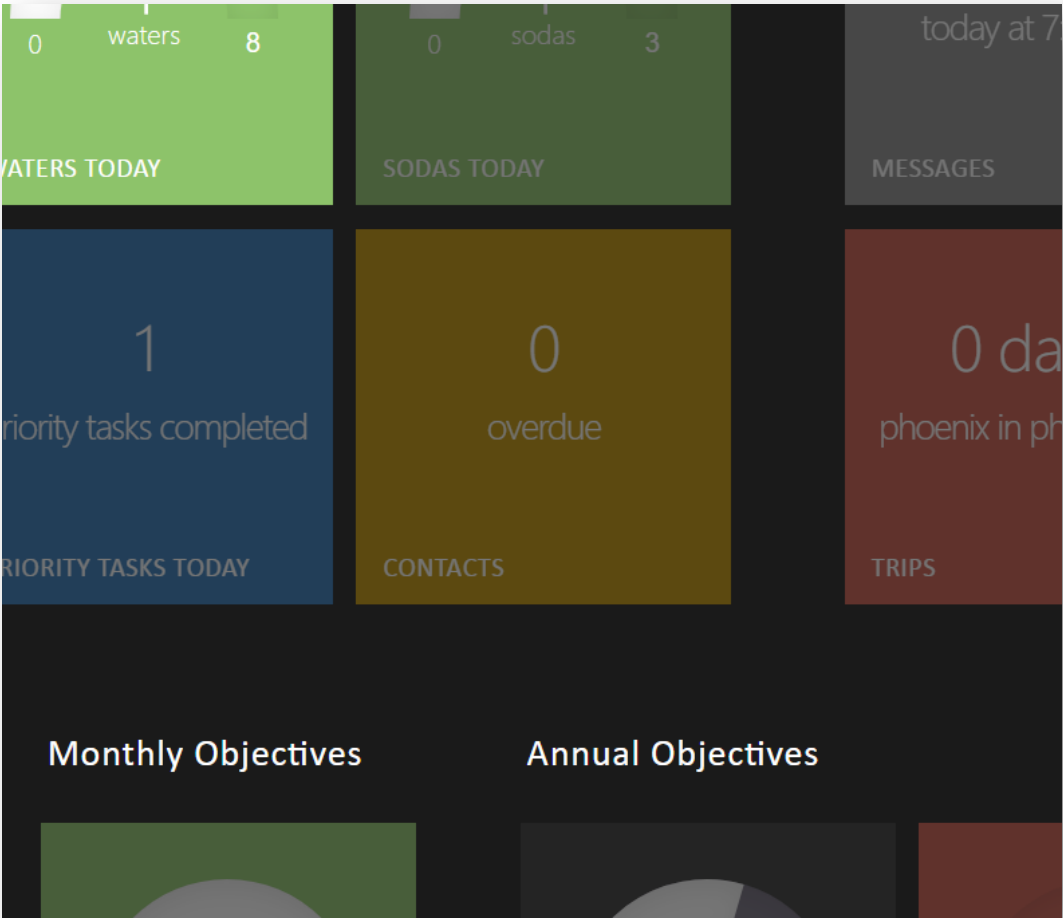
INTERACTIONS PER WEEK PER FRIEND IN 2016



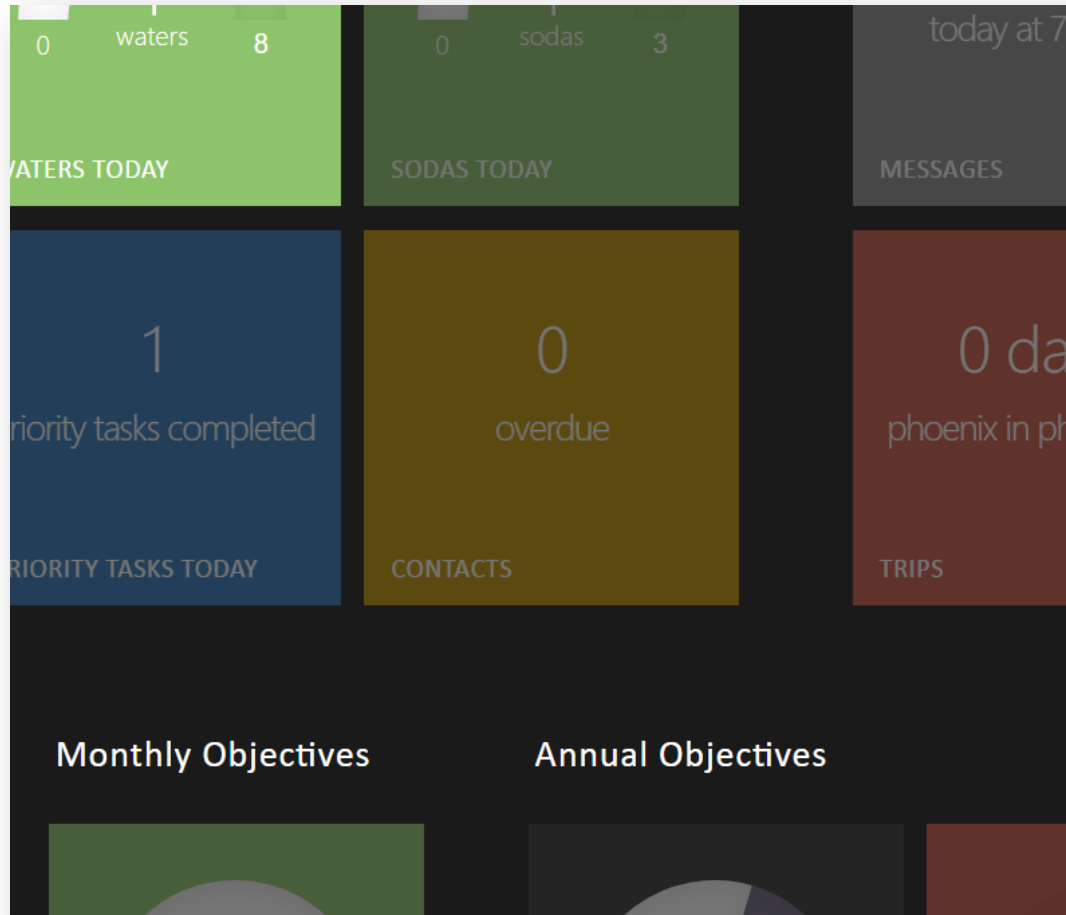
MISSED WEEKS OF INTERACTIONS PER FRIEND IN 2016



Action - Stay in Touch



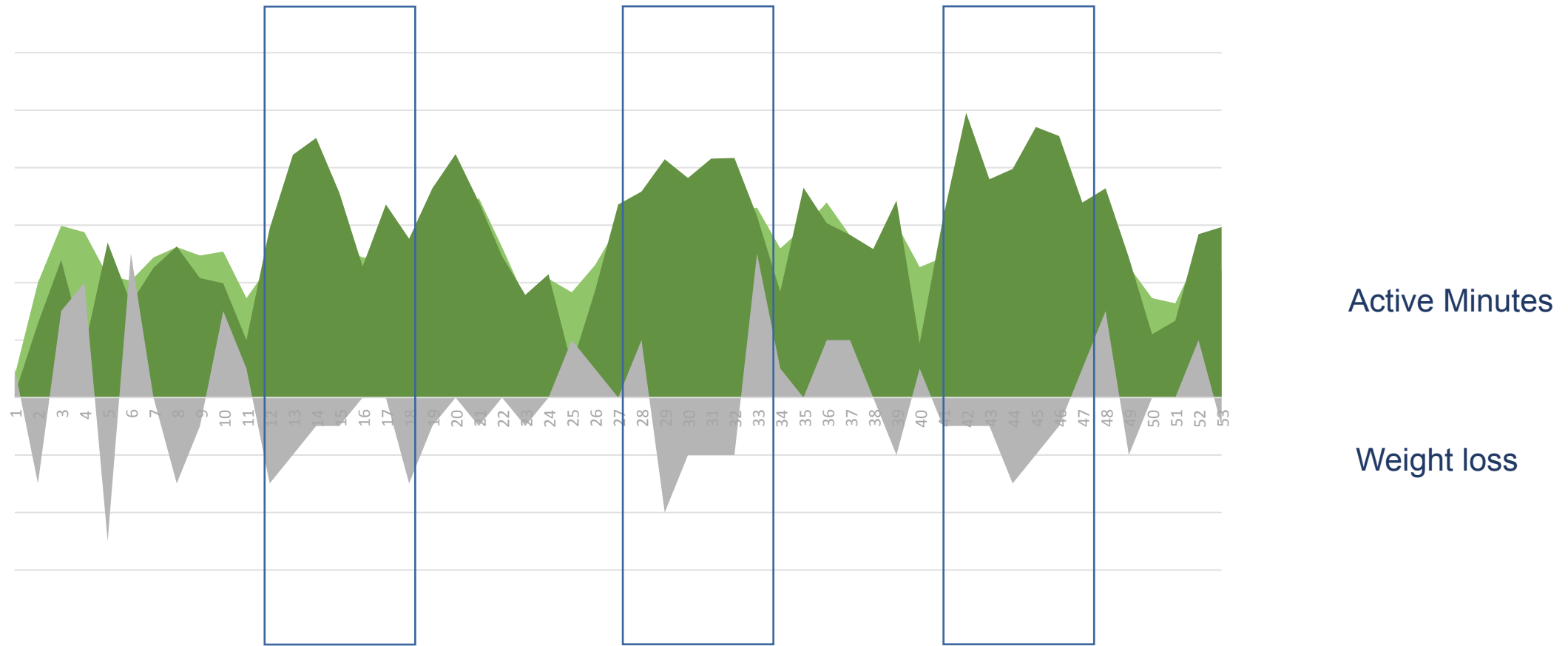
Action - Stay in Touch



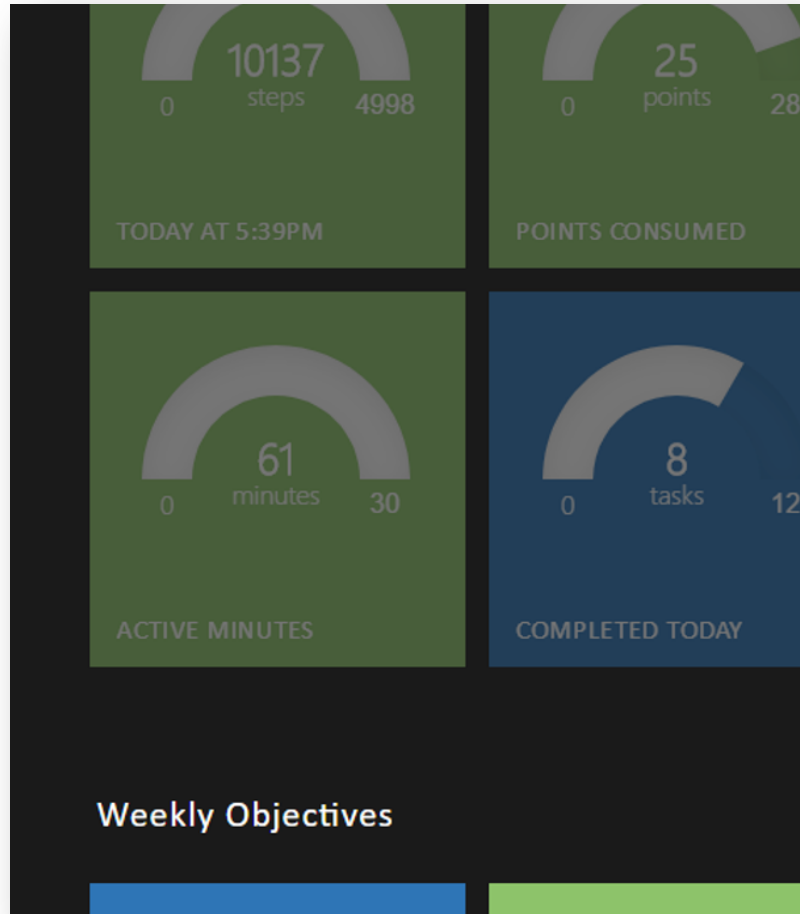
Geek Details

- Set threshold of days for each contact in Outlook
- Each incoming text, email or checkin is recorded to database via Tasker and web svc
- Query as needed

What I learned - Steps



What I learned - Steps



Geek Details

- Script runs periodically to pull data from Fitbit
- Query as needed
- Send reminders through Tasker to prompt on phone that I am behind in steps

Run Your Life Like A Boss

“Having a manufactured mission in life keeps me off meds.” –
@leerogers

