

Quantified Self Movement

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What is it?

It is incorporating technology into data acquisition on aspects of a person's daily life in terms of input.



Steve Mann was the first person to experiment lifelogging.



The term “Quantified Self” was proposed by Gary Wolf and Kevin Kelly.

1 Big Data

3 Data
Visualization

5 Mobile Apps

The 5 Pillars of QS

2 Sensor
Technology

4 Gamification



1 Big Data

The core of this movement is individual empowerment through understanding.

PERSONAL
SOCIAL
WORK



2 Sensor Technology

Sensors are the next big thing in technology.

- Tim O'Reilly



3 Data Visualization

allows individuals to understand the impact of their decisions like never before

2000

SEPTEMBER



LABELS

DATE

DAY

CYCLE

INTERSECTION



4 Gamification

Is the use of game thinking and game mechanics in non-game contexts.



4 Mobile Apps

where everything happens at the end



2 Sensor Technology

The most
Important Sensors
In Self-tracking:

MEMS

Microphone



StressSense
MEMS Mic

Melon Headband

Electroencephalography (EEG) Sensor





Misfit Shine

Accelerometer (3-axis)

[http://www.youtube.com/watch?v=1RL8PjiOoGI#t=66.](http://www.youtube.com/watch?v=1RL8PjiOoGI#t=66)

The image shows two curved, dark-colored objects, likely light projectors, resting on a wooden surface. One object is positioned on the left, and the other is on the right. The objects have a smooth, matte finish and a curved, C-shaped design. The background is a wooden surface with a prominent grain pattern.

AIRO

Light Projection

<http://www.youtube.com/watch?v=NAb9gLuYo>

Omsignal

Electrocardiography (ECG)

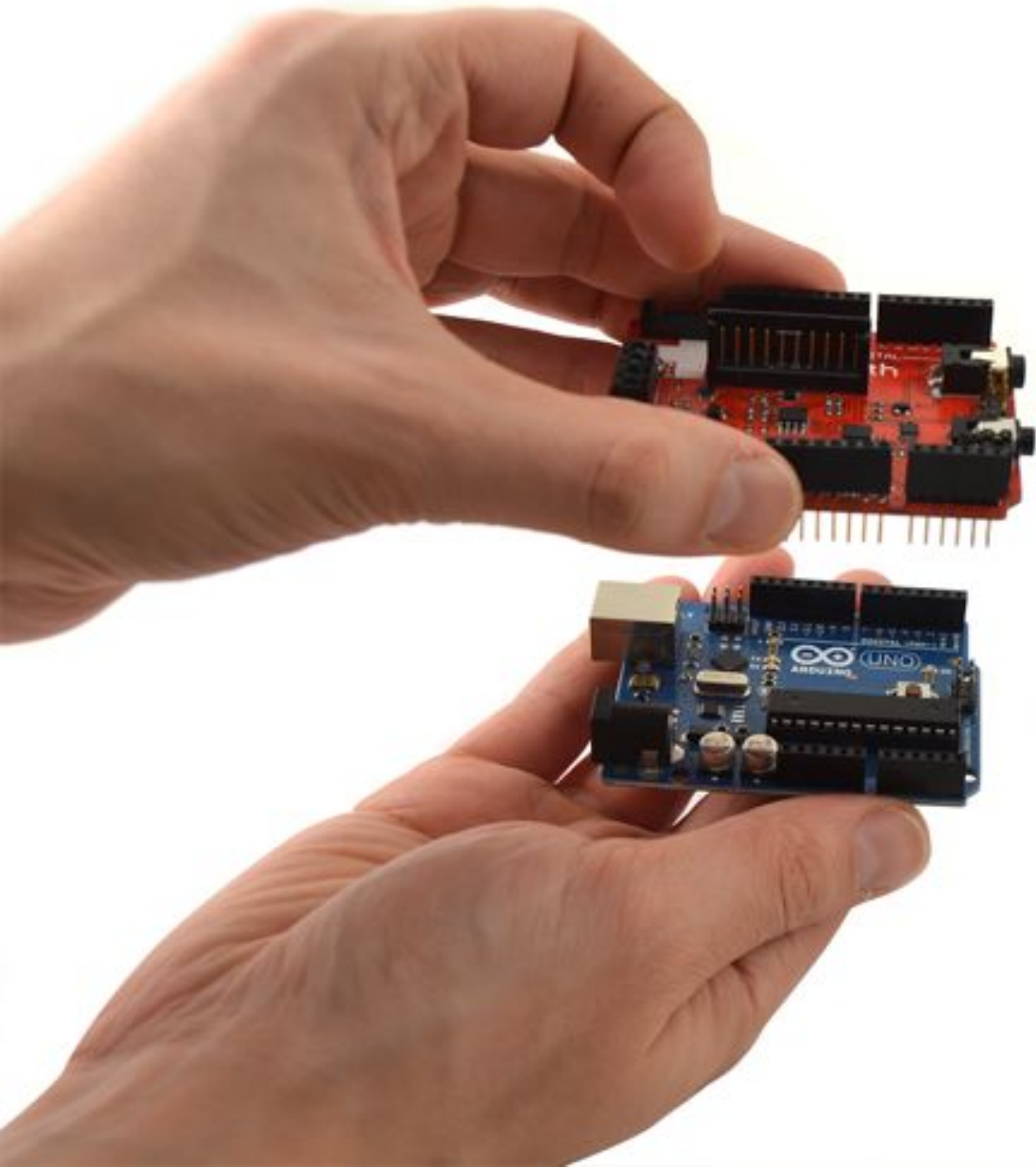
http://www.youtube.com/watch?feature=player_embedded&v=hMiOmJHXyC4



Technology woven into life



BodyMedia
galvanic skin response (GSR)



e-Health
Sensor Shield V2.0





Green Goose
MEMS accelerometers

Conclusion

The movement represents a game-changing shift in how individuals – not multi-billion dollar corporations, but individuals – create & digest data in order to affect personal change.



Quantified Self
self knowledge through numbers