

2015

# Self-tracking Modes: Reflexive self-monitoring and data practices

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# Self-tracking Modes

## Reflexive self-monitoring and data practices

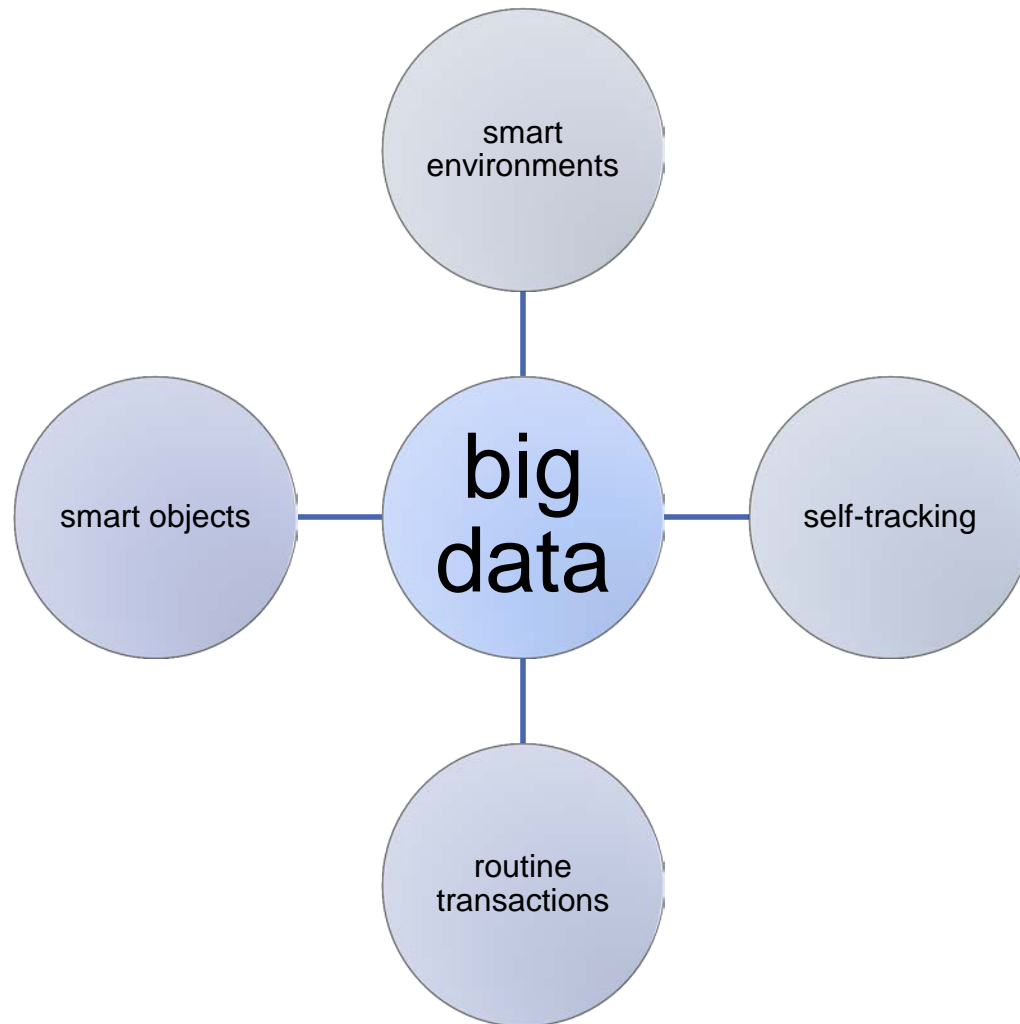
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**@DALupton**

# The 13 'Ps' of big data

1. **Portentous** (momentous discourse)
2. **Perverse** (ambivalence)
3. **Personal** (about our everyday lives)
4. **Productive** (generate new knowledges + practices)
5. **Partial** (tell a particular narrative, leave stuff out)
6. **Practices** (involve diverse forms of action)
7. **Predictive** (used to make inferences)
8. **Political** (reproduce power relations + inequalities)
9. **Provocative** (scandals + controversies)
10. **Privacy** (how personal data are used/misused)
11. **Polyvalent** (contextual, many meanings)
12. **Polymorphous** (materialised in many forms)
13. **Playful** (can be fun/pleasurable)

# 'Small' data become 'big data'



# What is self-tracking?

**Monitoring and recording aspects of one's own life**

**Also known as ...**

life-logging

quantified self

personal informatics

personal analytics

reflexive self-monitoring (my term)

# Self-tracking wearable tech



# Apple Watch



# Social media + body metrics

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## Sony's SmartBand Lets You Create a Detailed Log of Your Life

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WHAT'S THIS?





# The smart home-body-car-washing machine assemblage

## See how your things work with Nest.

Nest works with all kinds of things – lights, appliances, fitness bands and even cars. Here are just a few of the ways this family of things works with Nest.



On the road to a more comfortable home.

Your car can tell Nest when you'll be home so your thermostat can start heating or cooling at exactly the right time. It keeps you from wasting energy, and means you're comfortable as soon as you walk in the door. [Get connected >](#)



A brighter way to think about fire safety.

If Nest Protect detects smoke or CO, LIFX bulbs can flash red to let you know there might be danger and help alert those who are hearing impaired. [Get connected >](#)



It wakes you up. And your thermostat.

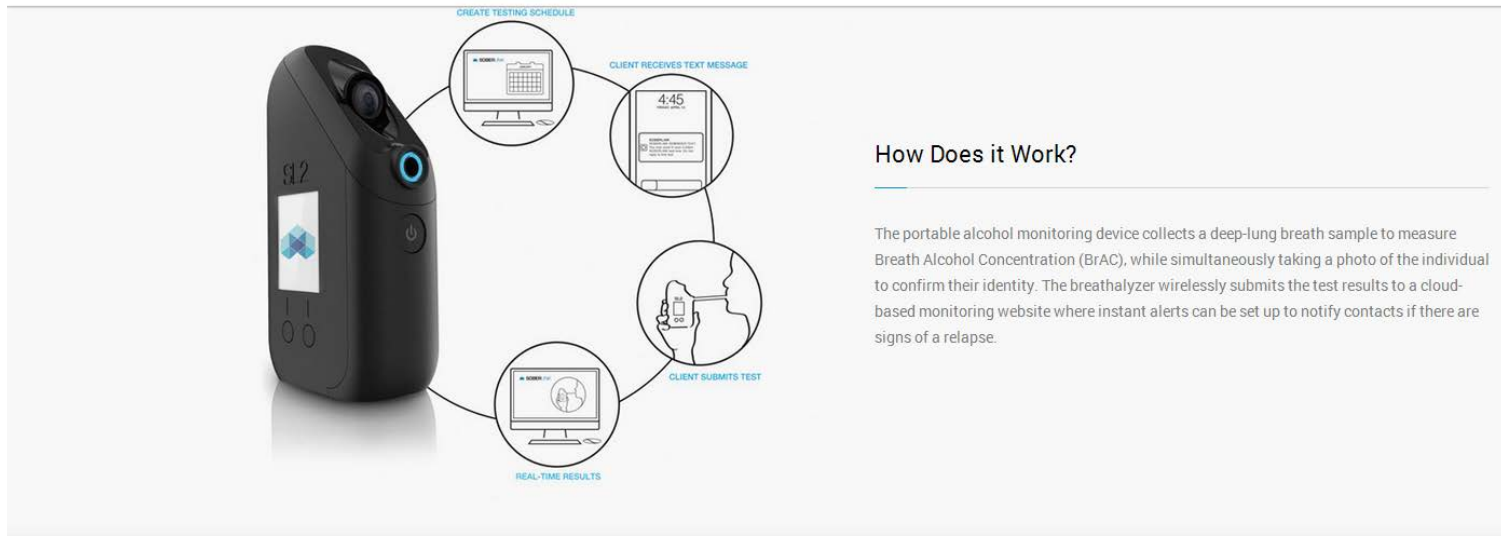
Nest knows which temperature you like. And your UP24 band can tell when you wake up. Put them together and your thermostat will start to heat up or cool down your home before you even step out of bed. [Get connected >](#)

# Soberlink digital alcohol monitoring



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## How Does it Work?

The portable alcohol monitoring device collects a deep-lung breath sample to measure Breath Alcohol Concentration (BrAC), while simultaneously taking a photo of the individual to confirm their identity. The breathalyzer wirelessly submits the test results to a cloud-based monitoring website where instant alerts can be set up to notify contacts if there are signs of a relapse.

## Automated Monitoring Web Portal

The cloud-based system is completely automated with user-friendly features that simplify the monitoring process for both the participant and the case manager.



# Citizen sensing devices



## About the Quantified Self

The Quantified Self is an international collaboration of users and makers of self-tracking tools.

Quantified Self Labs is a California-based company founded by Gary Wolf and Kevin Kelly that serves the Quantified Self user community worldwide by producing international meetings, conferences and expositions, community forums, web content and services, and a guide to self-tracking tools. Our aim is to help people get meaning out of their personal data.

Are you interested in self-tracking? Do you have questions to ask or knowledge to share? We welcome your questions and contributions. We are here to help.

Here's how to get involved:

Join a [Quantified Self Meetup](#).

Post to our [QS Forum](#).

Come to a [QS Conference](#).

Read and contribute at the [Quantified Self Blog](#).

Follow us on Twitter [@quantifiedself](#).

Or, [Start Your Own QS Show&Tell!](#)

Learn more about the [Quantified Self Team](#).

## Quantified Self Europe Conference



May 10-11, 2014 • Amsterdam

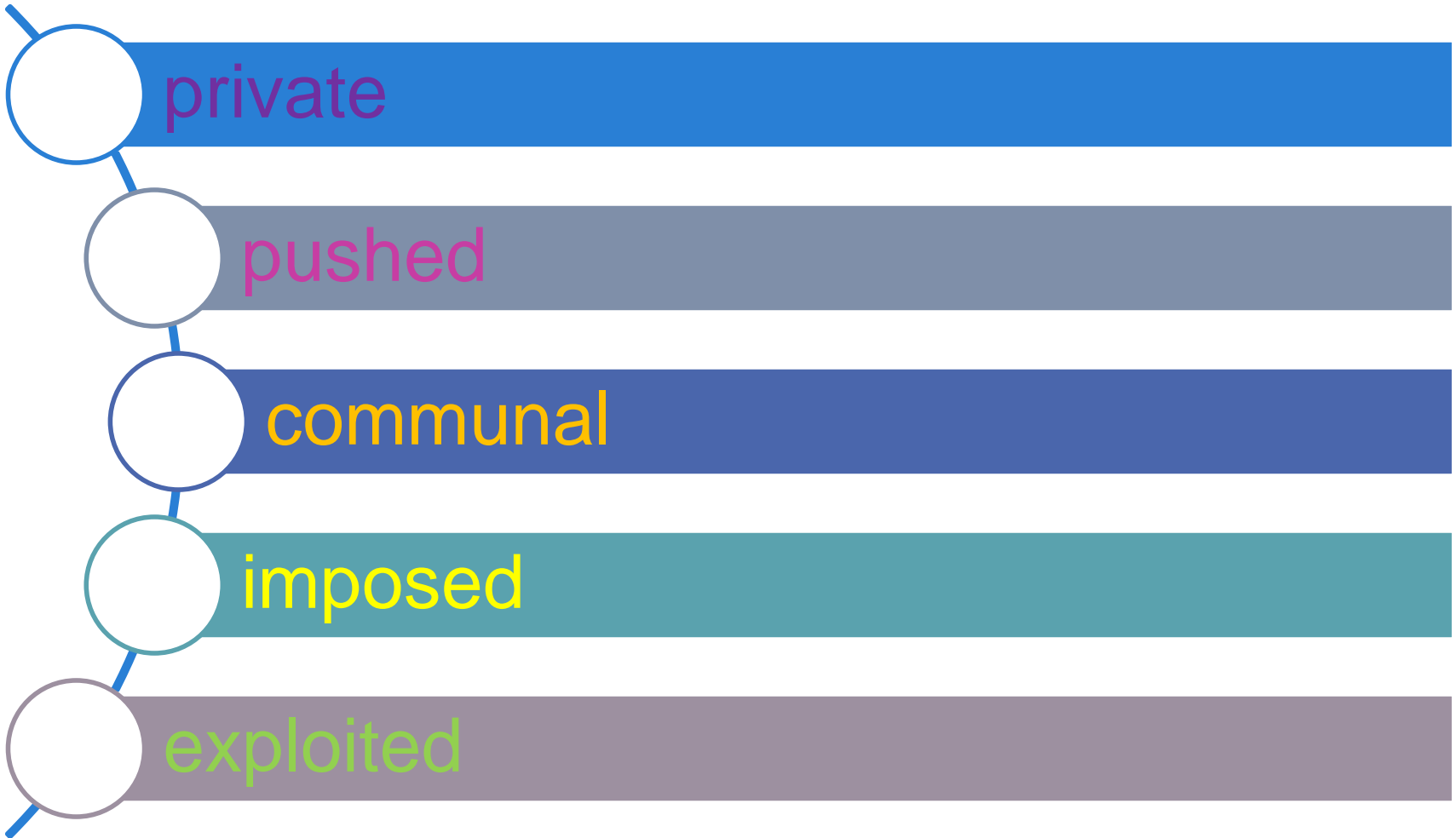
## Make a Sparktweet



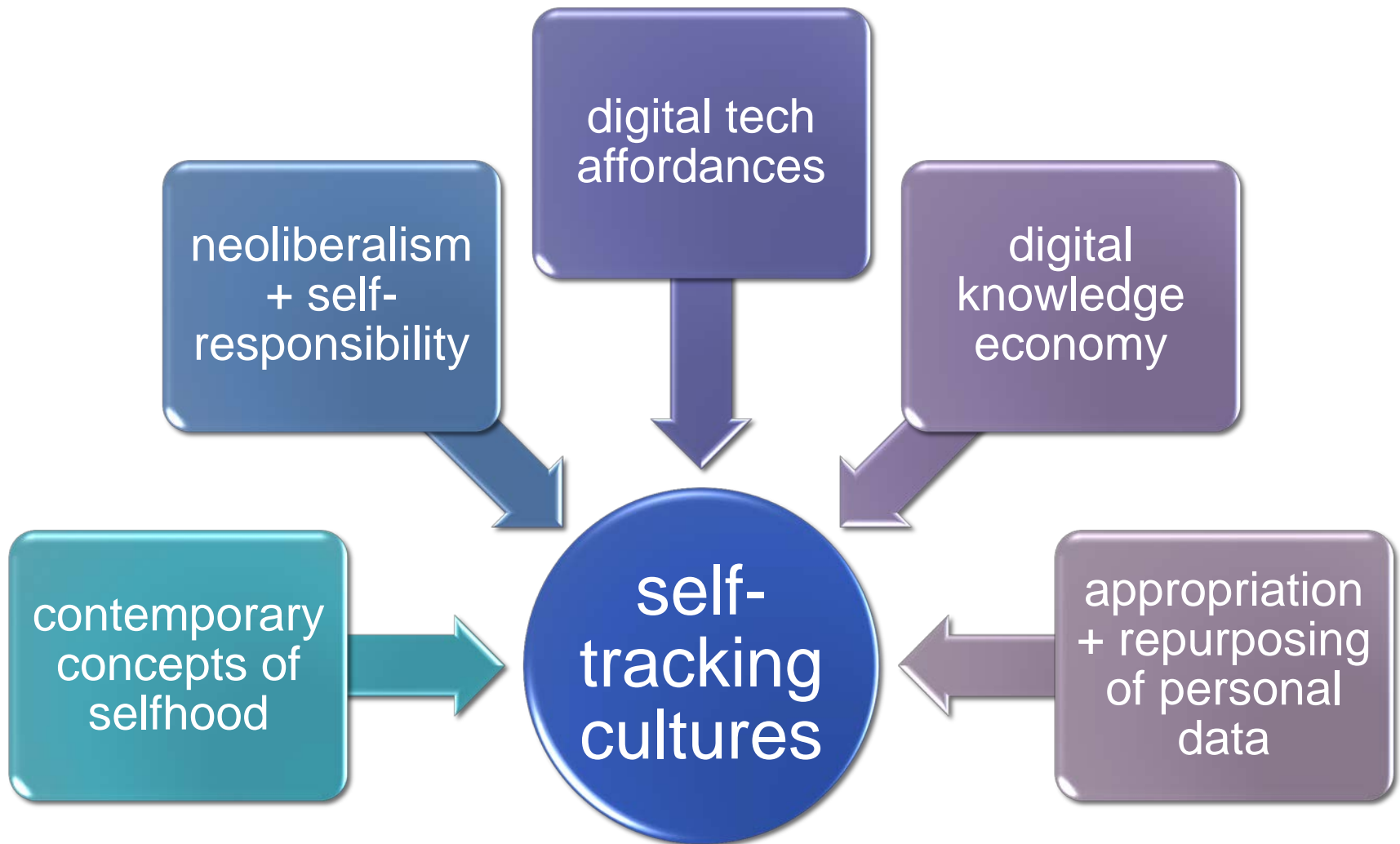
## QS Meetup Groups

- |  |                           |
|--|---------------------------|
| CITY NOT LISTED?                         | CANADA                    |
| <a href="#">Start Your Own QS Group!</a> | <a href="#">Toronto</a>   |
|  | <a href="#">Vancouver</a> |
| USA - WEST                               | <a href="#">Montreal</a>  |
| <a href="#">Bay Area</a>                 | <a href="#">Ottawa</a>    |
| <a href="#">QSXX - SF</a>                | <a href="#">London</a>    |
| <a href="#">Silicon Valley</a>           | <a href="#">(Ontario)</a> |
| <a href="#">San Diego</a>                | EUROPE                    |
| <a href="#">Seattle</a>                  | <a href="#">Amsterdam</a> |

# The five modes of self-tracking



# Contributors to self-tracking cultures



# The vitality of digital data

