

experiment sandbox



human life data

@cjlortie

data associated with human life



THE DATA AWAKENS

work
sleep
exercise
steps

experiment of one
trial and error
but you can keep track
and live better

gamification = experimentation

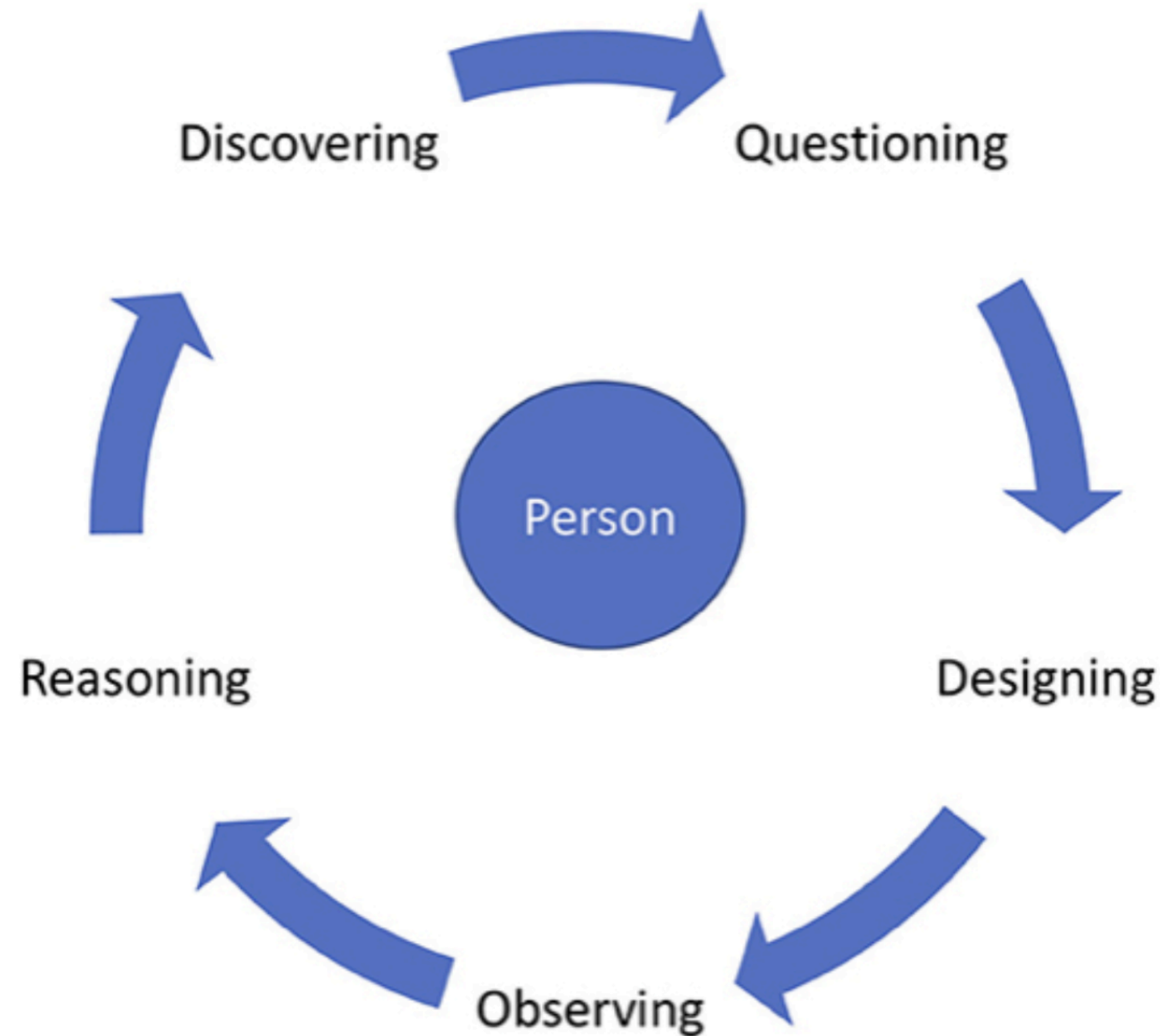


many mechanisms to track and collect data





quantified self movement



A Framework for Personal Science

Self-tracking. Self-experiment. N-of-1 methods. Single subject research. The kinds of self-research seen in the Quantified Self community are described by a thicket of labels. In a perspective article recently published in *Frontiers in Computer Science*, Gary Wolf and Martijn de Groot attempt to provide a clear definition and framework for research.



tracking for many years
on paper and digitally

mostly to explore and manage change

data: https://figshare.com/articles/dataset/Quantified_life/12803105

~ 3000 days of sampling or 9+ years

simple_date is m/m/d format.

year is year listed only.

steps are total daily steps.

mins_asleep is the total time asleep each night.

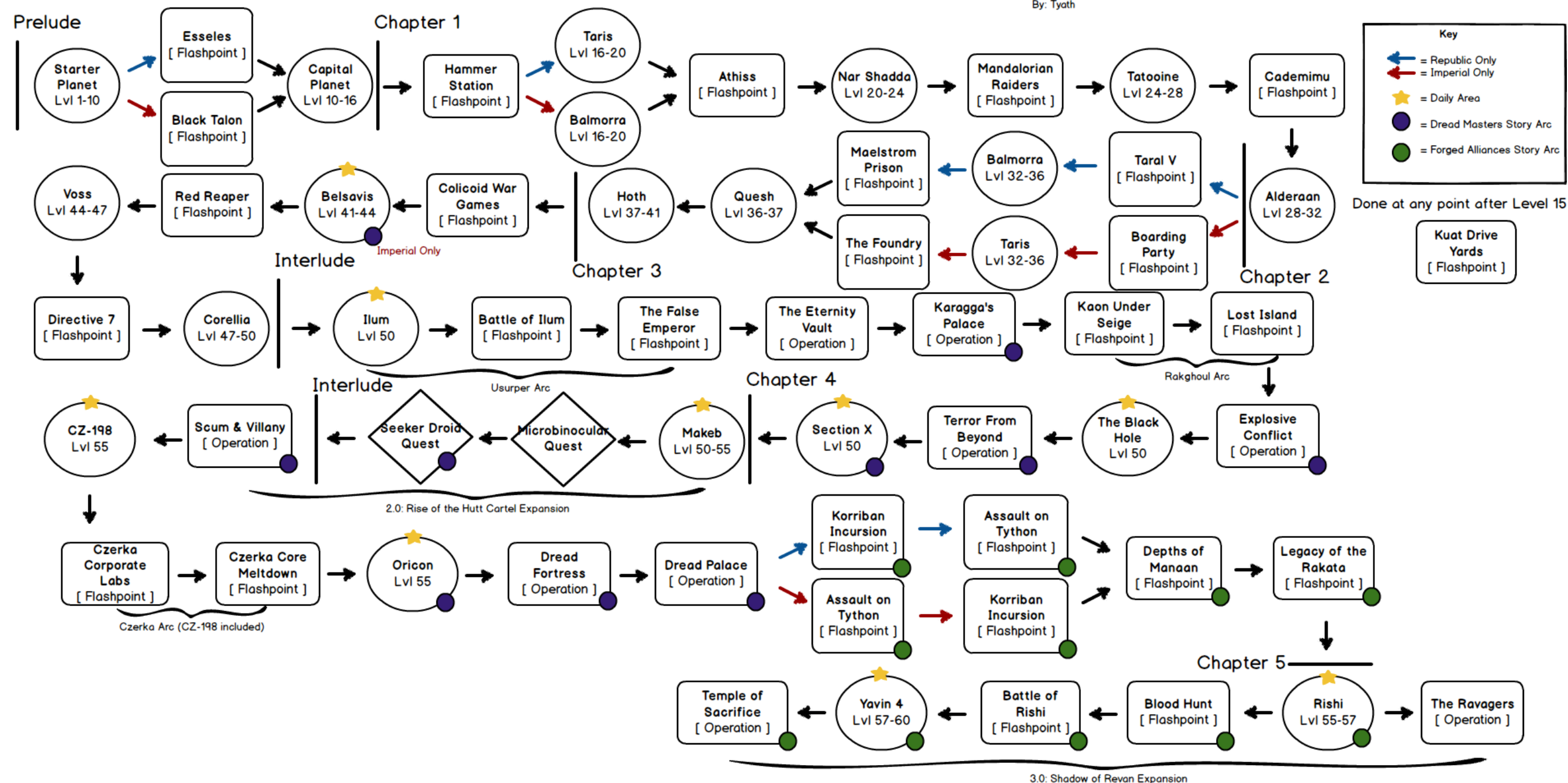
efficiency is the Fitbit estimate sleep efficiency based on total time in bed, total time awake versus sleep, and number of times restless.

experimental design philosophy can
reuse existing data but apply and explore
a causal structure

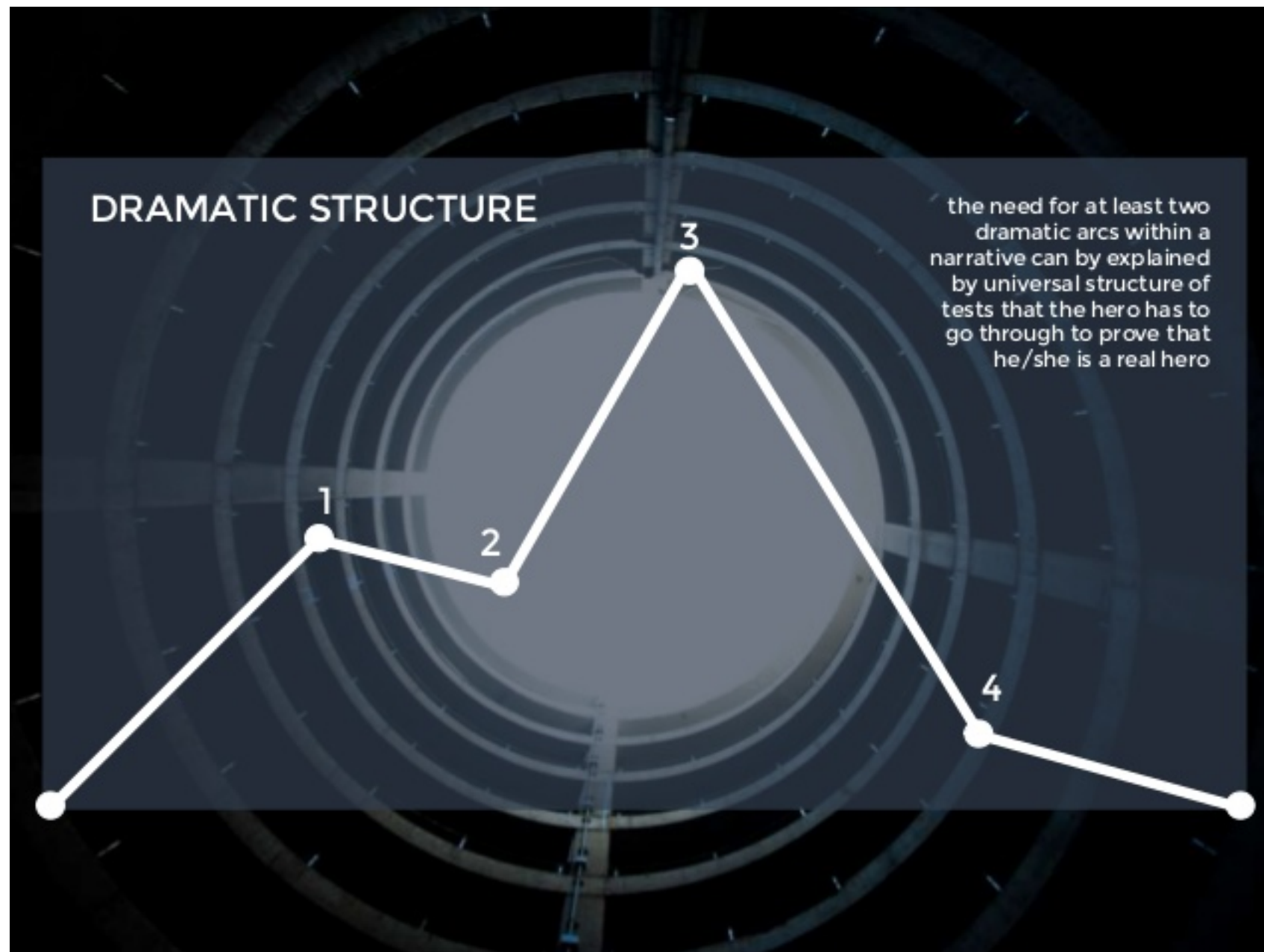
Last Updated: Update 3.0

Star Wars: The Old Republic Story Progression

By: Tyath



correlation almost always implies causation



can also use experimental design
mindset and augment existing data
with data that supports
a **key mental model**
i.e. climate or world events or life changes

plot
ask questions
design model
observe data
reason
discover
(repeat if needed)

manage chance and haphazard processes in life
through experimentation

