The Curse of Quantified-Self: An Endless Quest for Answers

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Quantified Self

An individual **proactively** engaged in self-tracking of information about oneself.
“Wearables dirty secret”

Quantified-Self Cycle

Question → Sensing → Storage → Analysis → Reflection → Action

Need → Data → Information → Insights

Data Cycle
Key challenge areas

Increase in devices
Key challenge areas

2

Human sensing
Key challenge areas

3

Answer questions of Quantified Selfers
Key challenge areas

• Increase in devices
• Human sensing
• Answer questions of Quantified Selfers
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