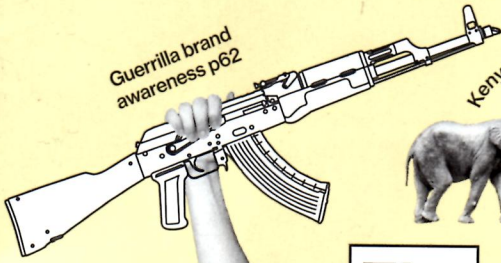


Bloomberg Businessweek

June 9 — June 22, 2014 | businessweek.com
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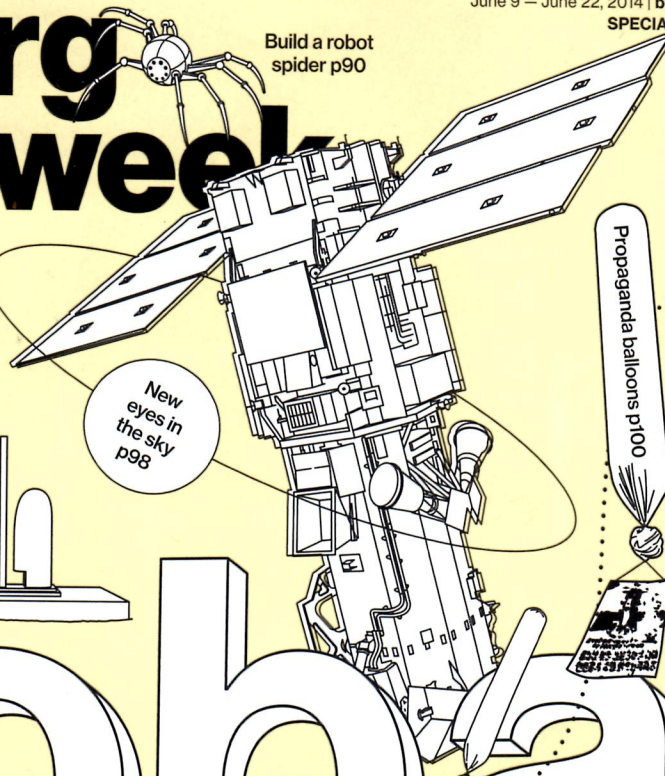
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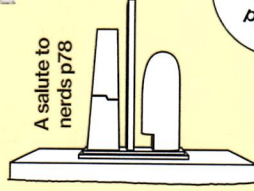
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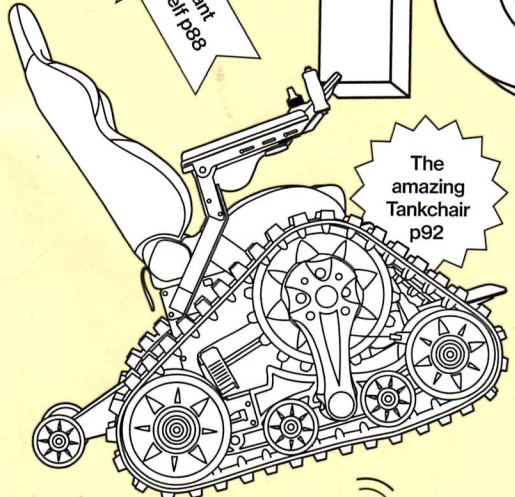
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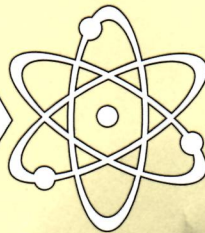
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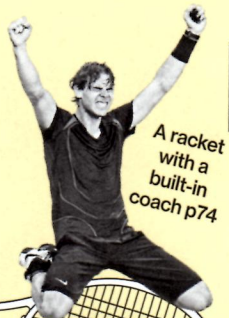
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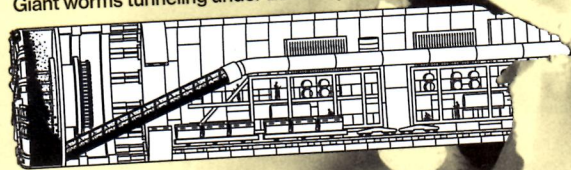
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Denver

Home to the "most connected human on earth"



Technology:
Wearables

Story by:
Ira Boudway

Photograph by:
Benjamin Rasmussen

Did you know:
Consumers are most open to wearables that clip to clothing, according to Forrester Research.

Colorado has the lowest rate of obesity in the U.S., at 20.5 percent.

Really, Really Know Thyself



Dancy's 10 buckets on his Google calendar:

- health
- entertainment
- environment
- social media
- knowledge
- work
- travel
- opinion
- content creation
- money
- spiritual

One man's project to keep track of everything he sees, does, thinks, eats ...

Ask Chris Dancy what he ate on Aug. 11 of last year, and he can tell you (Chick-fil-A). He can also tell you about the weather that day (83F), what music he listened to (*Kelly Clarkson's Walk Away*), how many e-mails he sent (21), how long he slept (8 hours and 35 minutes), how many steps he took (8,088), and when he took his dogs to the park (1:04 p.m.). Dancy, 45, doesn't have an amazing memory. He's an extreme life hacker: He collects information about himself and his surroundings from 10 devices he wears or carries and 13 more in his home and car. He also catalogs virtually all of his online activity. The exhaustive record-keeping is an effort to discover the systems that shape his behavior so he can tinker with them and live better.

Dancy's project began five years ago when he started archiving his tweets. Twitter didn't make them searchable at the time, and Dancy wanted to collect them as a kind of diary. He also started dumping his Facebook posts and status

updates into spreadsheets. "Then it just became a domino effect," he says. He began using any device he thought would help him find his quantified self. He funneled the data into his Google calendar, which is perhaps the world's most thorough, searchable diary. Everything his sensors track (weather, exercise, sleep patterns) and everything he does online (photos, e-mails, Amazon.com purchases) gets dumped into the calendar with a time stamp and a color code for one of 10 "buckets."

The result is a multicolor, proliferating array of information that is, according to Dancy, full of unexpected correlations. During his first self-improvement project—to lose 100 pounds—he discovered that he ate worse after binge-watching TV shows. It didn't matter which show, only that his caloric intake increased whenever he watched episodes of the same show back to back. Now he still might watch four hours of TV, but he mixes it up: an episode of *Dexter* followed by *True Blood*, then

Californication. He also found he ate better when he slept better

and slept better when air quality was better, so he changed the rugs near where his dogs come and go through their door dragging in dust. He says he lost 20 pounds simply by identifying such correlations and changing his behavior accordingly. From there it was a matter of setting rules: If he wanted fast food, for example, he had to walk to get it—until he was ready to adopt plain old exercise routines.

In March, Dancy left his job as an information technology director at a software company in Denver to go full-time making presentations about "data-assisted living." He speaks at conferences on health, finance, technology, and just about anything else. "They don't pay a lot, but I'm hoping they pay enough that I can keep myself going," he says. And if he does go broke, he'll know exactly how it happened. **B**

The Things He Carries

1. Narrative Clip camera

"It clips to your shirt, takes a picture every few seconds that feeds into your phone. It has really been a lifesaver. I was at a restaurant and... they had five different salsas, and I couldn't remember which one I loved. I launched the app, scrolled to the restaurant, and saw me looking at the menu."



2. iPhone 5S (not pictured)

"For day-to-day communication and as a hub for most of the health sensors," and "it looks cool to carry an iPhone."

3. Lumo Back (not pictured)

"A sensor you wear around your waist. It'll vibrate if you slouch.... It's a little buzz. No one else would hear it. I call it mother-as-a-service."



4. Moto X phone (not pictured)

"It has something called Activevoice, so I can just say, 'OK, Google now,' and it'll go bloop, and then you just talk to it."

5. Pebble or Samsung Gear watch

"It depends on what I'm doing that day. If I'm out in the sun, the Pebble works better than the Samsung."



6. Wahoo Blue HR (not pictured)

"A heart rate monitor you wear beneath your shirt. I measure heart rate for activities like interviews, presentations, and meeting new people so that I can start to say, 'Can I lower it next time?'"

7. BodyMedia Fit

"It measures galvanic skin response to show how rested you are. My quest to understand what relaxed looks

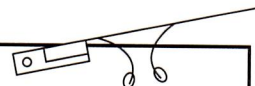


8. Fitbit activity tracker

"All my friends are on Fitbit, so it's like I'm forced into using it. It's like Facebook."

9. Google Glass

"They have a service called Zapier. I can say, 'If this person e-mails, send it to Google Glass.' It's exhausting to have 100 badges on your



10. Jawbone Up activity tracker

"I added it in May. It puts your driving stats with your physical movement stats."

11. Bonus gadget: Pulse oximeter

Once a day he uses it to measure his blood-oxygen saturation level.

