

# Index

- Actor network theory (ANT), 96, 128  
Affirmative design methods  
    speculation, 145–146  
Affordances of data garnering EM  
    systems, 82–84  
Agile methodology, 124–125  
Akrich, Madeline, 68–69  
Anti-Mullerian Hormone (AMH),  
    14  
Anticipation, 81–82  
Apple, 1, 23–24  
    *HealthKit*, 23–24  
Application Programming Interface  
    (API), 39–40, 47  
Arrhythmia, 109  
Ask Me Anything session (AMA),  
    80  
Audit cultures, 88–90  
Auto surveillance, 13  
  
Bandura, Albert, 20  
Baseline Study, 38–39  
Behaviour Transmitter-Reinforcer,  
    70–71  
Biohacking, 13  
Biomedical technologies, 46  
Boesel, Whitney Erin, 14–15  
Brand, Stewart, 25–26  
Breath tracking, 113–117  
Breathing techniques, 114–115  
    4–7-8 breath pattern technique,  
        115  
    Lumo Lift, 115–116  
    Papworth method, 115  
    Spire, 115–116  
    Upright Go, 115–116  
Brilliant, Larry, 27  
Bush, Vannevar, 45–46  
Buteyko, Konstantin, 114–115  
Californian countercultural ideology,  
    25–28  
Carmichael, Alexandra, 36–37  
Cartesian dualism, 141  
Case crossover experimental design, 30  
Cellular telephones, 73  
Chaplin, Charles, 105–106  
Chief complaint (CC), 44  
Closed-Circuit Television (CCTV), 96  
Cohort design project, 41–42  
Coleman, Aaron, 47  
Comma Separated Values (CSV),  
    23–24  
Continuity, 107–108  
Control Data, 72  
Control Pause (CP), 115  
Controlled Activities Corporation  
    (CONTRAC), 72–73  
Cook, Tim, 23–24  
Crain, Brian, 106  
Critical design, 145–146  
CureTogether, 36–37  
  
Dark power, 50–61  
Data capture, 38–40, 45  
    through self-tracking, 47  
Data provenance, 48–50  
Data-driven approach, 36  
Data-driven surveillance, 97  
De Vaucanson, Jacques, 140  
De-scripting, 69  
Design discourses, 127  
Design intuition, 68–69  
*Design Methods*, 66–67  
Design methods, 127  
Design thinking, 10, 124–125  
Design-iteration process, 66–67  
Design-research, 134–140  
Designer as breeder, 118–121

- Designer reflexivity, 134–140
- Digital mediation, 49–50
- Disappearance of body, 49–50
- Discourses, 124
- Do-It-Yourself (DIY), 26–27, 29
- Drangsholt, Mark, 30
- Dressage, 8, 108
- Driving Under the Influence (DUI), 72
- Duality, 107–108
- Dymaxion Chronofile*, 26
- E-mail, 92
- Electric Word* magazine, 28
- Electronic health records (EHR), 47
- Electronic monitoring (EM), 67–68
  - compliance, 78–85
  - evolution, 65, 70, 74
  - punitive design, 68–70
  - time in home-space, 74–78
- Electronic monitoring technology, 9
- Empirical models, 39–40
- Enabling subjectivity, 51
- Engineered Labour Standards, 118
- Eu-rhythmia, 109
- Eudaemonia, 51
- Fabric of Digital Life Archive, 88
- Family History (FH), 44
- Ferris, Tim, 16–17
- Fitabase, 47
- Fitbit, 35, 38, 40–41, 47, 65, 67–68
- FitBit Samsung, 1
- Food and Drug Administration (FDA), 40–41
- Formal compliance, 81
- Foucault, Michel, 50
  - docile bodies, 51
  - Homo Economicus*, 50–51
  - technologies of self, 50
- Four-Hour Work Week, The* (Ferris), 16–17
- 4–7-8 breath pattern technique, 115
- Fuller, Richard Buckminster, 26
- FUSE Risk Management Platform, 117–118
- Garmin, 1
- General Practitioner (GP), 60
- Global Positioning System (GPS), 73
- Google, 1, 15, 50
- Google Genomics, 50
- Google Life Sciences, 38–39
- Group productivity, 91
- Hackers* (Levy), 27
- Haraway, Donna, 6
- Health, 38
  - oriented technology, 119
- Healthcare, 54
- Heart rate variability (HRV), 30
- History of Present Illness (HPI), 44
- Home confinement, 75
- Home incarceration, 75–76
- Homo Economicus*, 50–51
- House arrest, 65–67, 74–75
- Human computer interaction (HCI), 2
- Human-computer interaction (HCI), 146
- Human/value centred design, 124–125
- IDEO, 137–138
- Imbrication, 57
- Industrial athletes, 117–118
- Initial Public Offering (IPO), 40–41
- Instrumentalisation, dialectics of, 126
- Intensive testing, 39
- International classification of disease (ICD), 43
- Isorhythmia, 109
- Jewson, Nicholas, 53–54
- Kelly, Kevin, 16–18, 21–22, 27–28
- Knowledge base, 47
- Lamaze breathing technique, 115
- Layer provenance model, 48
- Learning processes, 109–110
- Leder, Drew, 51
- Lefebvre, Henri, 107–110, 112
- Levy, Steven, 27

- Life-logging, 13
- Lively data, 2
- Lumo Lift, 115–116
- Machine inutili, 142
- Man Po Kei, 36–37
- Manhattan Associates, 118
- MapMyFitness*, 39–40
- Market responsiveness, 74
- Mechanical automata, 141–142
- Medical facticity, 49–50
- Menlo Park, 25
- MeSH, 46
- Metcalfe, Jane, 28
- Metric Culture conference, 2–3
- Microsoft, 1
- MIT Media Lab, 28
- Mobile health (mHealth), 42
- Munari, Bruno, 142
- Musical time, 113
- MyFitnessPal*, 39–40
- N-of-1, 48
  - to n-of-all, 40–47
- National Incarceration Monitoring and Control Services (NIMCOS), 72
- National Institutes for Health (NIH), 40–41
- National Library of Medicine, 46
- Negroponte, Nicholas, 28
- Neoliberalism, 52
- Noises, 111–112
- Object biographies, 3–4
- Objectification, 126
- Observations of Daily Living (ODLs), 45
- Office of the National Coordinator for Health Technology, 40–41
- Ontologies, 6
  - of self-tracking, 148
- Opto-electronic plethysmography, 115–116
- Organisational sense-making, 88–89
- Papworth method, 115
- Past Medical History (PMH), 44
- Patents, 6
- Patient Generated Health Data (PGHD), 45
- Pentland, Sandy, 92–93, 99
- Personal health, 50
- Personal health information management (PHIM), 45
- Personal science, 29–31
- Physical rhythms, 113
- Physiological rhythms, 109–110
- Political subjectivity, 50–51
- Poly-rhythmia, 109
- Pomodoro Technique, 106–107
- Positivism, 27
- Posture tracking, 113–117
- Practice bound imagination, 39–40
- Prana App, 115–116
- Pranayama, 114
- President's Precision Medicine Initiative, 40–41, 43–44
- Product semantics, 84
- Project Baseline, 39
- Project Goldfish (Norman), 144–145
- PubMed, 46
- Pulse oximeters, 115–116
- Quantified self (QS). *See also*
  - Self-tracking, 1, 7–8, 13, 15, 36, 45
  - activity, 14
  - birth and growth, 16–25
  - Californian countercultural ideology, 25–28
  - community, 37–38
  - discourses, 15–16
  - experiments, 19–20
  - labs, 24
  - Meetups, 20, 23
  - movement, 13
  - QS 2020, 28–33
  - QS Access, 24
  - QS15 conference, 24
  - work, 22
- Quantised self, 6, 105–106, 124

- Radio frequency (RF), 70–71
- Ramirez, Ernesto, 24
- Randomised Controlled Trials (RCTs), 47
- Representing users in design (s), 128–134
- Repurposing of technology, 79
- Respiration belts, 115–116
- Review of Symptoms (ROS), 44
- Rhythm, 109–111
- Rhythmanalysis, 9–10, 105–109, 119
- Rittel, Horst, 132
- Roberts, Seth, 16–17
- Rossetto, Louis, 28
  
- Schreiber, Andreas, 48
- Schwitzgebel brothers, 70–71
- Schwitzgeble Machine, 71
- Science technology studies (STS), 2
- Scram Bracelet, 65
- Script analysis, 68–69
- Secured Continuous Remote Alcohol Monitor (SCRAM), 73–74, 82
- Self-efficacy theory, 20
- Self-experimentation, 16, 28
- Self-help books, 17
- Self-monitoring technologies, 9
- Self-tracking, 1, 13
  - critical study, 3
  - design and technology-oriented discourse on, 2
  - designer and user of, 69
  - politics and possibilities, 7
  - practices, 2, 13
  - systems, 4
  - technology, 2–3, 65–66, 123
  - tools, 37–38
  - in workplace, 88–89
- Sensor technology, 91
- Silicon Valley, 25
- Smart name badges, 92
- Social History (SH), 44
- Social responsibility, 133
- Social surveillance, 97
- Sociographic heuristic models, 97
- Sociometric Badge*, 9, 92–94, 97
- Sociometric Solutions, 93
- Sociometry
  - audit cultures, 88–90
  - sociometric ID badges, 91–101
- Speculative design, 145–146
- Speculative objects, 140–150
- Speculative probes, 147
- Spire, 115–116
- Sprints, 149
- Start-ups, 120
- StrongArm Technology, 117
- Subjectification, 126
- Substantive compliance, 81
- Surplus value, 91
- Surveillance, 97
  
- Tamper-proofing, 81
- Technical transience, 43–44
- Techno-anthropological projects, 147–148
- Technologies, 1, 35, 92, 112, 118
  - electronic monitoring, 9
  - forms, 68
  - of self, 50
  - self-monitoring, 9
  - self-tracking, 2–3
- Technology Entertainment and Design (TED)
  - conferences, 28
  - talk, 18
- 10,000 steps, 36–37
- Thacker, Eugene, 43–44, 49–50
- The Whole Earth Lectronic Link (The WELL)*, 27
- Thingification, 108
- 3-axis accelerometer, 92
- 3D accelerometers, 19
- Time in home-space, 74–78
- Tubular spirometers, 115–116
- Tune-Ups, 115–116
  
- Unfit Bits project, 142–143
- Upright Go, 115–116

- Useless machines, 142
- User pays business model, 77
- Video surveillance, 92
- Volunteers for International Technical Assistance (VITA), 26–27
- Waber, Ben, 92–93, 99
- Wearable electronic monitoring, 70
- WebMD, 46
- Wellbeing, 51
- Whole Earth Catalog*, 25–26
- Whole Earth Review*, 27–28
- Wired Magazine*, 13–14, 18, 28
- Wolf, Gary, 13–22, 24, 28
- Wolf, Gary, 96–97
- Workplace sociality, 90
- Wurman, Richard Saul, 28
- Xiaomi, 1