

**Maybe just tell me generally about you use the apps that you use, how you use DayOne, and Momento and Reporter and how they work together to take a diary.**

So Momento, I use purely for automatic journaling, so I no longer use it to enter kinda, freestyle comments or freestyle diary entries. And at the minute, I'll just tell you which feeds I've got which are being kind of archived by Momento. So I've got my Flickr feed, so any photos I take which go to Flickr, my last.fm loves, my twitter, anything I post on Vimeo, I've got some RSS feeds, one from my blog, I've got Youtube, Swarm, which is my check-ins, Instagram and then Facebook, and prior to that, it doesn't really exist anymore, a check-in service called Geuvara, which they stopped, or was taken over by Facebook. So the idea is that - you probably know what momento looks like, see if I can get a good entry for you, I mean a lot of them are just I've checked into a certain place, like if I go to my birthday last year, it would be like where I went, I was in London for my birthday last year, so you know I have photos and things like that, and it also includes an application called Moves, I don't know if you've heard about that, **(I've used it a little)** so if I do forget to check in somewhere, it will read that data in.

I use DayOne for - if it's been something specific that's happened that I want to remember it, where the automatic journaling is either not appropriate or doesn't provide enough detail then I'll use DayOne for that, and select a photo. Almost all of my diary entries have photos on them because then I can use the GPS information within the photo, and that interests me a lot, because I want to know where I was. I don't really use DayOne... a lot of people tend to... when you think about diary or journaling, a lot of people think it's your reflection on the day you know, or really something clever like that, but I just want to know where I was, what I was doing, why that day was particularly great or eventful. You know it's not particularly philosophical! But it's just interesting, because with the DayOne application on your.. I've got an iPhone, so on your home screen, on your notifications centre, it will tell you what you were doing a year ago and that's, that's really valuable to me, I like to know what I was doing... just you know when you talk to friends "yeh we were here, a year ago" so yeh that's the kind of memory, that's the reason I keep the diary.

Other than that I've used Reporter, I've kind of stopped using that because it just requires far too much input. And Kennedy app, I've used Kennedy app as well, what I like about Kennedy app is, it's kind of a bit like Momento, it does a lot of the automatic journaling for you, and it fetches the last 5 news items for the day, which Momento I guess could if you did RSS, but by far the most used ones are Momento and DayOne.

**So practically then, how often would you say you write something in DayOne?**

So I've got about a years worth of entries but my diary does go back a few years, so I've 360, 359 entries at the minute in DayOne. And I don't know if you can see... but almost all of them will have photos on them. I mean the ones in DayOne are probably more meaningful to me, the momento one's are just automatic journaling. I can... it's easier with Momento to just say what was I doing last year, you can just punch the date in and it will tell me what I was doing, what I was tweeting, what I was watching.

**And DayOne - and that's something you do at the end of the day? Or when something occurs to you, you take a photo and put it into DayOne? How do you practically take that journal?**

Sure, as I said a lot of the entries revolve around photos, I do take quite a lot of them, and DayOne I tend to use kind of towards the end of the day, when the day's kind of finished and I'll

make some photo edits and I'll create a short diary. I mean, the actual entries aren't often very long. So for instance the other day, someone asked me what my favourite films were, well, favourite revenge films, and I just made a list of favourite revenge films! Erm... or you know if I go out to eat, I'm one of these irritating people who takes photos of their food, and you know a lot of the entries are just a photo of food, what I've ordered, things like that.

**Is there anything in particular you try to record or is it just kind of random, or when you go to write an entry, is there something you tend to record a lot of, you said you're food there, are there other things?**

Yeh food's actually quite a big part of it. If I check all my entries with the food tag... So I've got 359 entries, 143 of them relate to food, so quite a big portion of them. I like watching a lot of films, a lot of them are to do with films. Recently an application was released called Workflow, I don't know if you've heard of it. It allows you to build actions, so you can you know download certain things... it's basically programming for people who don't necessarily know how to program. And Workflow tends to achieve, kind of the sentiment behind Automater for iPhones. As an example - I can send you a video of this? Because I can record it and send it to you? But supposing I've watched a film, and this is gonna be difficult to show, there's this action here that says Movie Diary+ if I tap on that it's gonna say 'What Movie?'. So supposing I've watched... let's just say "title" - one of my favourite films. So what it does, it's gonna go off somewhere and querying IMDB - which one have you seen - I'm gonna say the original, 2003 version. It's gonna carry on running that script, it's gonna ask me 'what did you think of it?' - I'm gonna say 5-stars. It's gonna bring me over to DayOne, it creates a brand new entry, it fetches the kind of details and then what you end up with is a diary entry with the poster of the film, the synopsis of the film and then your rating. So things like that are really valuable to me because I can just - bang - and it just creates an entry for me.

**So it seems like you use a lot of these automatic sort of tools that make things easier for you, and you really appreciate that ease of use, but you know how much time everyday would say you spend journaling and kinda recording things... is it something that's really effortful?**

Unless something's happened that is particularly eventful, I'd say probably around 10 minutes everyday? I tend to - this is gonna sound weird - I tend to sanitise a lot of the data in moment. Because I'm using Moves and Foursquare check-ins, swarm check ins, I'll often get multiple versions of the same check in. Especially if I'm with friends and they check me in to Facebook and that gets brought down. I'll have three check ins for the same things. So it's a bit... I spend about 5-10 minutes everyday just to clean things up. And if I'm adding my own entry to DayOne, then probably about half an hour. And that's once a week, or once every other week.

**And like how long are your entries then to Day One? Are they a few sentences a few paragraphs? What sort of length would they tend to be?**

They do vary so sometimes its... I've started going to the gym. So some of them it will be just like Day 18 - and Workflow, the app I was mentioning earlier - will tell me how many days it's been since I joined the gym and I'll say Day whatever and I'll take a photograph just to see progress. Some entries are quite long.. probably... when I export them to pdf they're about one side of A4.

**You've got the things that you write, and you do that maybe once a week or so, and you have all this automatic stuff, what does the automatic stuff do for you? What are they each doing for you? Especially when you look back?**

Yeh so, as I said, I think when eventually look back, a lot of people tend to write really deep diary entries. For me it's just, I like to remember what I've done, or for me there's a sense - that has the greatest sense of emotion for me. I use another app called PictureLife, don't know if you've heard of that? It just uploads all the photos you've taken and kind of archives them, and then every morning I get a notification to say these are the photos you took last year, and every single photo basically... for me.. I find that quite endearing to see 'oh yeh, just see what I was doing, and then I'll send my friends messages and say 'oh my god we did this 5 years ago, do you remember?'. I think that's... that's the reason why I journal, or why I use automatic journaling. A lot of the time I don't really have to worry about capturing all the thoughts immediately, and with DayOne, it's really if I want to capture something meaningful or something eventful that's happened then I use that.

**And do you feel that what they automatically... what Momento captures is enough? Do you feel that gives you enough of an insight... Or do you look back and say you had wish you had written more or taken more records?**

I think momento does quite a lot for me...when I look at historic entries, there's always enough there... so things like who I was with, with Momento, if you're creating an entry, it reads the information from your contacts on your phone so you can say who you are with. And DayOne doesn't have that unless you manually write people's names. And like I said, I'm not one of these people who spends a lot of time, writing the journal entries. A lot of them are gonna be very quick kind of just dump my thoughts into the app. So I appreciate if there's only a set... if I can automate things.. or if I can like do things that kind of makes the capturing process easier then I appreciate that and I use that a lot. Momento's brilliant, the only reason I haven't deleted it, is because DayOne doesn't support automatic journalling. And momento, despite not having new features, feature updates, they tend to keep up at least with the OS updates.

**Besides from... you said you get these 'a year ago today' - you were doing this and that. Do you look back asides from then? Do you browse through your journal, or do you ever have reason to look back at them?**

Yeh, What I tend to do a lot is, I normally just type someone's name in, so if I've been with one of my friends then I'll write their name in and it will bring back every entry with their name in it, look at this, we did this, x time ago and stuff. I don't.. I wouldn't say I go back and read all of the entires, but if something comes into my head one day, so if I was watching a film, or I went to a restaurant lets say and I know I've been there previously, then I'll do a quick search and I'll read the entry because when I go out to eat, a big part of my entries is as you know is basically to capture what I'm eating because I'm a bit of a foodie, then you know,... that's one of my... random.. like who I was with when I was eating that and what I thought of the food. Yeh it's not designed as a food diary, but I just like to. Yeh so that's one of... you know, if I'm eating at the same place I'll check to see what I thought, or you know, stuff like that.

**You tend to search for things rather than just sitting down and browsing through it would you say?**

If I'm somewhere then I'll always search, not only because there's quite a few entries on there, and it would take a bit of time to flick through them, and I know there's a bit of a preview but... especially with the longer entries it's difficult to see everything that you've done in the three line preview that you get. But otherwise you know sometimes I will just flick through and stop at a random date.... erm... I dunno.. I went to a BBQ.... there's quite a lot of text entries that I've ported over from Momento. Because I realised kinda... a few years ago that the Momento development was quite slow, so I just ported every single manual entry in Momento to DayOne. **In case they...** Well yeh. Momento I think... Momento stores it's data on the app, it doesn't sit in Dropbox, whereas with DayOne I use Dropbox because I keep the data if that makes sense.

**How often would you say you look back or you search for things in Momento, something you do every week or every day?**

With Momento, I'd open that probably once a week because you proactively need to open momento to begin the archive process, it doesn't just do it in the background. DayOne I will open everyday, even just to see what I was doing a few days ago or whatever.

**And do you ever sort of, when you look back do you delete or edit anything at all?**

Once it's in there, then it's pretty much in there. If I'm doing edits, it's not to the content, it will be how it's styled. So like I might edit a photo... DayOne uses something called Markdown which is a way of styling plain text, and then DayOne renders that.. it's... it's not HTML... I'm sure you know what Markdown is. But that's the only edits I do, I won't make any sweeping changes to diary entries. I think (...) I think... well it just wouldn't seem right would it?

**But do you do anything like - can you favourite past entries or can you make them more, once you search for things can you see things that you have recently searched? These types of things. Is there things that the more you look at them... is there anything that you sort of tend to go back to and look at the same entry more than once? Or is it just purely what's happening during that day?**

One thing I did do is, before I got my new phone, my old phone didn't have the motion tracking sensor in there, so one of the updates DayOne did is that it kind of links the data from the motion tracking system, so what I did do is I went back to a few entries and I began to add that, because I didn't realise it, it doesn't add it unless you ask for it to be added. But those are one of the few kind of entry edits to pretty much all of the entries that would be able to support that. Because obviously when I had my last phone, it was still an iPhone, but it didn't have a motion tracking sensor so you can't make the data for that. But the one's I did, I just kind of made those changes, you know just added that information in.

The other thing I really appreciate with DayOne is it integrates with an application called... erm... well one of the things it does automatically, it pulls the weather data down from a service called 4castio, and things like that are meaningful, because when you write an entry, often you write about what kind of day you had or what you've had to eat. But for me, when I'm trying to relive the kind of emotional, you know when you're looking back and you're trying to connect to that moment. I think the things like the GPS tagging and what the weather was like, they really add value and they kind of help, I guess they help with the memory to try and bring it back?

**Do you think they help you truly remember it, or just piece it together if that makes sense?**

Erm, well most of my entries have photos in them, so they kind of give me an impression of what I was doing and where I was at, but because I often don't write 'it was a hot day' or whatever, it's really difficult to, I guess kind of sense that, unless you are proactively writing about that. So for me it does help me piece together that day, what it was like, who you were with and stuff like that.

**And the stuff you have written, would you say that's more valuable than the automatic thing?**

Yeh I would say that when I do write a DayOne entry, it's definitely more valuable. With the other one's, I guess it gives you an impression as to what you were doing, but it doesn't really tell you what you were feeling. Normally when I'm writing thee DayOne entries - they kind of bring it kind of, together if that makes sense. I think the DayOne entries, despite the fact that there's only 359 vs the 1000's in Momento, are definitely more meaningful to me.

**Would you say they were more emotional,... the things you write about are they more emotional about what you are thinking and feeling rather than what you were doing?**

Absolutely. I mean, it's taken a lot more effort to write the DayOne entries because I've had to proactively do it so there's that kind of attachment there. Versus with Momento it's just like, if the app got deleted, I'd be like oh, I can just download all my data over again.

**Can you say a bit more - you said it might take you half an hour or so in DayOne, what occasion or what context do you write something like that?**

I try to write the entries on the day, coming towards the end of the day. Because I'll get home or whatever and then I'll [...?] it down, and I'll maybe edit the photo, and for each you can only attach one photo so it's like you have to kind of curate which photo you're gonna use and then it's like 'what shall I write about' so yeh I spend half an hour, and I think when you kind of investment, and I know it doesn't seem like a lot but when you're making that investment for an entry, then you kind of... yeh I guess you it's...time your investing into making the diary entry so you kind of feel attached to it to some extend.

**Is that something like during a day you'll think 'oh I wanna write about this' and then you get to the end of the day and you write it. Or is it very much you just sit down, I'm gonna write something you have a blank page and start creatively or is it an idea during the day?**

I think everything is pretty much driven -unless something eventful has happened that i haven't taken a photo, like a bereavement or something at work - a lot of my entries are driven by the photos so if I'm looking through my photo camera roll and this is how I retrospectively make diary entries. So with DayOne.. I've got every single photo I've taken since I've had my phone in 2007 or 8. I don't ever delete anything from my camera roll. So often if I'm going through my

camera roll and there's at the minute there's.. 7094 photos in there. If I come across a photo and i'm like 'oh that's such a good day' but I didn't write an entry at the time for it and I'll retrospectively try to write an entry for it but the majority of the entries are driven by the photo that I've taken. **That's the starting point yeh?** Yeh, that's kind of the main thing. The photo drives the entry, almost always.

**More generally, about your motivations for diary keeping - did you keep diaries as a teenager? Or how did you start deciding to keep a journal? Like how did you start deciding to keep a journal? Like what was the motivation for that?**

I've never had a journal. I've never kept a written diary. I think... for me I'm quite techy and quite geeky and I think that was part of the reason why. Originally it started with writing a program that could do this. So I wrote a program that would fetch my tweets and dump them in a database just because I could. And then when momento came out... I'm quite an early adopter of social media sites and stuff like that so you know instagram came out, twitter came out, Facebook, [...] which is like a checking in site. And at the time I thought it would be quite nice if they were all together. And because momento required such a minimum investment of time, you just open the app and it just dumped it in. You know I just kind of went with it. And it wasn't because I thought 'oh I really want to capture these' or I really want to remember what I was doing. At the time it was more 'the app can do it so why not'. At the time, I think after about... when you have about a year's worth of data, and then you go back and look at the entries, I think it's then, that the first time for me personally when I thought wow, this is actually quite valuable. My friends don't keep diaries, but often - because i've got quite a small friend group - when I go back and say omg this is what we were doing, you know they kind of began to appreciate it, despite the fact that normally when I'm writing the entries and I'm taking photos for the entries they're always like 'no, I don't want my photo taken' but then a year later when you send them the photos they're like 'ph yeh that was such a good day, it's a really good day'. And I think it's where they started, I think... the desire to keep a diary proactively and you know when DayOne came out - it changed about a year after having momento. When you've got that data and then reflect on it, then I think you really begin to understand and appreciate the value of all those entries. And that's the motivation now really, it's nothing about being sentimental or having deep philosophical idea. Unfortunatley I don't get them very often. For me it's just about remembering what I was doing and who I was with. Things that probably don't mean anything to anybody else. You know I don't think anybody cares what I thought of the Krispy Kreme donut I had this morning, pretty epic I think. Traditionally when people have diaries or when we think about written diaries, people pass onto their children - I don't think my entries are going to have anything profound in there. But for me it's just the joy of reading of what I was doing and who I was with, that's the motivation!

**Do you enjoy it at the time, or when you write a diary entry is that a chore or is it something enjoyable and reflective and kind of makes you appreciative - you know do you enjoy it at the time?**

Yeh so almost always... because my diary entries are driven by photographs, it's so quick it doesn't seem like a chore. When I have you know not very good days or something bad has happened, then you know you don't really want to reflect on that right away. When my mum died, which is about 3 years ago, you know... yeh not a great time, but I thought.. at the time I felt compelled to write the DayOne entry despite the fact that I didn't really want to spend any time thinking about it. But thankfully recently, a lot of the times when I'm writing the entries.. because I'm so used to doing it now I just do it. It's just like.. it just happens.

**And you say it's all driven by photos... like are you just.. are you just... how many photos would you say you take a day? Are you taking photos all the time?**

I don't take photos at work or something like that, but like I've started going to the gym so live every 10 days I've got a reminder that comes up that says take a photo. That's like more to see progress than anything else. But the way I think about it is if... my friends always say this thing... I don't know if I should tell you but - they're always saying to me 'you're too busy taking photographs and not spending time appreciating the moment. But I say to them - yeh I guess you can appreciate the moment, like erm... the example I normally give is that I'd love to see the northern lights, but I'd probably be there with a camera taking a photo and they would just be there you know staring at it. And I'd probably miss the moment in the sense that I'd be so busy trying to get the photo right, but then I'd be able to appreciate the photo in years to come whereas my friends say 'oh but the memory is really important' but I'm like yeh - what are you gonna do when you've got Alzheimers. Sounds terrible... But to me yeh that's.. yeh.

**Do you get as much out of it then retrospectively then as they might have got out of it in the moment?**

Well the thing is, and this is what's really interesting. When I send them - because DayOne lets you export in pdf and stuff if I come a particularly pleasant or interesting entry I always send them the pdf version. And like 'yeh this is what we were doing'. And then they'll always come back like, yeh that was such a good day. But unless you kind of mention it to them, I don't think any of them proactively remember what they were doing. I mean Facebook is great at you know capturing... because so many people use it, it's ubiquitous, they, we all use it, but it doesn't really tell you what you were doing a year ago. So for them... when I send them those entries then they're like god yeh that was a good day. And then they're like we understand why you took a photo, but always in the moment they're like 'you're always taking photos [name]!'.

**And would you say like - talking about Facebook - would you say that the way you use Facebook and Twitter does that document your life quite well? I know that for me certainly, the way I use Facebook I tend to say more about other things than about my own life? SO it wouldn't work so well for me so would you say that Facebook and Twitter and these social media do document your life when you look back at them?**

I think I'm very similar to you, I despise Facebook. The only reason I have is to kind of keep up with my family, some work friends, I rarely ever post anything or check in. And the few times I do check-in is when my friends kind of check me in. So kind of 'at the airport with' or whatever. I don't upload photos to Facebook anymore other than - there's a service called IFTTT, so if I post something on Instagram it will just put it on my Facebook. But other than that, Facebook doesn't get any personal entries from me at all.

**What about Twitter - does that document things? I guess what I'm asking is, without things that you've written, how much of a documentary of your life would you have?**

So if you check my Twitter you would get a much deeper insight as to what I'm doing and how I'm feeling in comparison to Facebook. I feel slightly more comfortable with Twitter because I know not many of my family and friends are on there - I think these are things you always have

to be quite conscious about because there's a big generation gap but now everyone uses Facebook. I have the same username on every single profile, so if you just type in my username.. it's quite scary, you kind of get a lot of information back. I think Twitter gives you a much better idea as to what's happening in my life than if you were to check Facebook. I mean the Facebook one, the last update is 3 years.

**So when you are writing a diary, or when you're choosing a photo or things to write about, do you have an audience in mind? Are you thinking about your future self, or sharing this with friends or family in the future? Do you have an audience in mind?**

Yeh when I went to Norway last year, and I took about 150 photographs, and you know, I think I created one entry per day, but with DayOne you can only put one photograph, so that curation process is quite important because you want to kind of capture what you were doing, what was happening around, but often it's difficult to do that with one photo. But when I'm with people, I'll always use the photo that has the most people in it. And that's pretty much the thought process about which photo I'll use. I also use the one that often that would look the best, that sounds really terrible but yeh...

**But would you say you write in a dear diary type way? Oh no no no! Like what's the kind of tone? Or maybe you can just give me some examples? Pick out a couple of entries you're happy to talk about? Maybe give me a flavour of the kind things that you...**

So this is kind of a funny entry, well, not maybe funny to you. So I went to Norway for Christmas... so it says 'arrived in Norway where we were greeted by the spectacular site of the perelermor(?) cloud formation.' So this is a cloud, quite an unusual cloud formation, I think it's called pearl of the clouds or something in Norwegian. So that was what the photo was for the day. Because it's quite, it's so unusual that the cloud forms in the way that it does. So that was like 'wow, I'm probably never gonna see that again.' It says 'in the evening we went to bwen (?), an oriental fusion restaurant, crispy chicken with rice and a chocolate mousse for dessert'. And then my friend, who's just bought house in Norway, one of the things I find really funny is, his wifi name I guess? The network names? So he had 2G and a 5G network and the names of both of these, so the first one was 'Khazad-dum and the password was youshallnotpassword' (laughter) and the 5G network is called Baradur and the password for that is onedoesnotsimplylogin' (laughter) and I thought that was quite funny so I captured that (laughter). Let's have a look, and see what else... (long pause)

Ok so this is, kinda... it sounds really corny when I read them back. "Went to visit [steve] and Mai who had come to visit for a few days' - so they live in Norway - 'Much to Mai's delight, [steve] hadn't realised that the womb and uterus were the same thing. We went for a walk and had lunch to finish with fish and chips, Mai and I discovered that the mini fish and chips are not the mini that you would imagine! - absolutely fucking huge, sorry. Are you gonna bleep that out? I'm so sorry! (laughter). 'We continued to walk through the (?) and went into [a] University where they were having the freshers fair. We went to visit the astronomy buildings, when we returned to [steve]'s home, his dad had made a beautiful chicken stew with (...?..). [steve] made tirimasu.' - So I talk about food a lot - 'and he went to three separate shops to buy mascarpone cream' - apparently that's cheese. Unfortunately I didn't get the opportunity to try it.



**It's great to have a flavour of the things that people write about.**

So last year I went to Dublin to meet this guy called Shane Bitney. Shane Bitney was in a documentary called Bridegroom and erm.. kinda.. it probably changed my entire life and I got to meet him so you would think I had a very long entry. But it was actually surprisingly short, all I've written is 'Met Shane Bitney at the premiere of Bridegroom in Dublin, what an incredible memory.' I mean that was... I really should go back and add more to that to be honest, but I was a bit emotional when I made that entry. And then you know... some of these are quite... I ran in Norway in a norwegian midnight cinema thing. So Nike gives you the GPS capture of your running and then it changes it into a graph and so the entry for that day was literally just how much I ran, and the fact that I felt like shit afterwards. **So is that a screenshot of that you've taken and had that as the photograph for DayOne?** Yup. So erm let me just see what else...

Sometimes it's silly things like this - I worked in Apple for 3 years - you can't see this at all actually, but Apple have created these posters they hung outside the town hall which is like a room in the (..?..) headquarters and it lists every single name of every member of staff ever employed by apple. And they had 8 posters with about.. probably more than 10000 names, and I went to them and I found my name. So this entry just says 'I'm on row 61, name number 4.'

**So it's quite a mix then of shorter things and kind of more... you know the first couple of entries there seemed quite well written and quite kind of - you know you had put them together and thought about what you were gonna say and other ones are probably more immediate... would you say that's fair?**

Yeh so when I write long ones, then they are quite - I do think a lot about them. Because I just need a little bit of information to go with the photograph. The photograph is the thing that really jogs my memory. So I went to Paris for my friends' 30th so I just said you know '(..?..) to Paris for [James]' 30th, we visited the Eiffel Tower, the Arc de Triomphe, the Louvre, Notre Dame and' - I can't even pronounce it 'Pont- de-la-veche' - it's basically the bridge where people put the padlocks on. Let me just find one or two longer entries that I'm not embarrassed to share. I've got my resignation letter for my last job in there.. because erm..(long pause) - I'm really sorry for the awkward silence! **No no it's fine!**

I think one of the hardest entries I've written is one that my dad sent me, and it was a really horrible text message, that I've captured, just for posterity, I mean that's quite a long one... This is the email my dad sent me to tell me how terrible I am as a person. **Oh dear. Wow. That's the email or the reflection on it?** That's pretty much the email, it just says 'Dad sent an email' posted the email in.... Oh my god just trying to find one I'm not gonna be embarrassed about sharing with you. **Yeh, please don't feel obliged to share anything...** Oh that's no problem.

Oh right ok. So.. this is sort of funny. So I met this guy who I really like, and I made quite a big entry about him! So I said 'Something amazing happened today, I met the most gorgeous and lovely guy, his name is Chad. Curry is his favourite food, thai-chinese family.' And I just wrote a bit about him so I could remember. So that's quite a long entry, I won't go into everything because it's a bit embarrassing... (laughter).

**What do you think was going through your mind when you wrote that entry? Why do you think you recorded that the way you did?**

I guess I'm a bit of a romantic at heart, I just wanted to capture like, what I was feeling the first time I met this guy, and yeh just so I could say 'oh we've been together one year but did you know this was the very first thing we talked about' and stuff like that. And let's just see...

So my birthday one.. which is where I've actually done a lot of... I did a lot that day. It's the first time I've ever been to place called Soho in London, I don't know whether you know what that is. **Yeh, yup.** Yeh there's not a lot there, just says 'Amazing day in London with [James] and [Olivia] started off walking down Portobello road followed by a Lebanese lunch, then went to Soho where I had a Strawberry Daquiri and then had my photo outside this place called G-A-Y (laughter). I know that day a lot things entries came from from momento, like specifically where we went and what I did. And I know that's gonna be captured on Foursquare and Momento so...

**So did you then feel confident that you would remember enough of that without having to write a longer entry?**

Yeh, this is what I thinking is coming in the next version of DayOne and I can just get rid of momento and then I can capture all of that. IT would be much better to have it all in one place, rather than one app for Momento and another one for DayOne.

**Would you say you tend to capture the good and the bad or tend to focus on.. I mean that email from your dad... would you say you make a point of trying to capture the not so good as well?**

Initially, I really didn't want to, I guess they're just as important because, I guess a lot of people just want to reflect on the happy times, but for me it's quite important, I mean that the ones that you see - the dates that you see in yellow are the one's that I've favourited. One of them is you know went on I went on a run, it's called a Kapila dash, you run through the park and people just throw paint at you. I'm still trying much longer ones, and it's so difficult to say because you can only see three lines of preview.

**When you favourite something what does that do? Just it just change the colour of that or does it store it somewhere else as well?**

It stores it in the favourites list, and it also stores it - when you go through the list of entries it makes it more obvious that you have favourited it.

**Do you ever just look through your favourites? Or would you say you use that? Why do you favourite things, what do you then do with them?**

With favourite ones, it's ones where, it's something of particular interest I mightt, I mean a lots of me would be something like this, I'll send a lot of these to you, and then you can just laugh at how silly it is. Like that is just a photo of what I've had that day to eat... (long pause).

As an example on the 13th May 2013 it says 'hung by the beach with [friends], starters honey roasted beetroot with goats cheese, served in a bed of rocket with... (laughter). Mains, pulled lamb shoulder with sticky pomegranate glaze with the minty, carrot pistachio and feta salad. I mean that doesn't mean anything - if anyone else.. I don't think many other people would write something like that. But when I always say to my friends 'oh by the way, that was two years since this event they're always like 'oh yeh, that was such a good day, whatever'.

**What would you say is like the overwhelming of feeling of that is now? Looking through your journal just now, what's the overwhelming feeling or experience of that?**

The reason I'm smiling so much is that I'm going through so really cheesy entries.. so this is quite an interesting one... Because DayOne you can kind of capture notes and things... I've said on here 'dinner with Anwar's parent, learned how to cook mince and turnips' - it's a pakistani dish. And then it says 'finally I've figured out how remote screen sharing did not work, why it didn;t work as the ssh.plist file had been incorrectly set with the wrong permissions. This is solved by resetting the file owner to root as follows and then put like the ten little commands to do that. 'the p-list is also (..?..) to add a secondary listener to the existing key while to create a new one.' Yeh so..

**It seems like you have a real variety of things! You've got your photographs, some things that you've written, some activity data, is your kind of mentality just to try and grab in as much of whatever or do you try and keep it in a certain form or anything like that?**

Yeh I think anything which interests me that day, or something that has... something that I think about a lot that day. Like I was really frustrated about not being able to do that, so for that specific entry I was trying to set up remote screensharing, which is actually built in with every mac. (explanation of process...) I was frustrated... so when I found the solution to fix that, I was like 'oh my god' it's only taken like the entire day to try and figure this out. So for me that's something I wanted to remember, not only because if I'm getting another machine I'll need to set it up again.. erm...

So this is another slightly longer entry that I've made... 'wonderful evening with (another entry... hard to follow)...her pupils can only be described as 'Kidulthood like' - have you seen that film? Kidulthood? **No...** right ok you need to watch it! "[Asmaa] told us to have, ( mumble)... [Alex] is currently teaching 12 new starters..." Then I've just made a list of what I was eating. Sometimes I'll post recipes in here.. like you know...

**How surprised are you by what you've written or captured or have you got quite a good idea of what you've written about?**

This is the first time where I'm actually proactively thinking about them. And when I'm reading them I think oh god this is so cheesy, it's silly. Like this is another food entry, like almost all of them are food entries I'd say. Or a third of them at least are food entries. On my leaving day, my last day at apple, I wrote down who attended, and what I had to eat...

**And looking through DayOne there, how does that compare to looking through your camera-roll? Or looking through photographs on instagram or Facebook? How does it compare looking through your diary than just your photographs?**

Erm I think when you look through Momento, I don't think you can really get a really good feel as to what you did that day or how you felt. Because the entries not particularly personable, I know you have the Twitter entries, but if you're just looking at a check-in and it says checked in to cinema or whatever - it doesn't really mean a lot by itself. I think the DayOne entries in that respect, they're more valuable to me emotionally than momento. Despite the fact that momento has so much more, it's got a lot more richer data, but for that emotional connection I think I have to have both.

**Is there anything you feel that's missing from your journal is there is something you wish you could capture that you don't? Or is there something you had written about more? Or would you say it's a quite complete representation, or complete enough?**

I think it capture pretty much everything, I think the only thing I'd like DayOne to do is automatic journaling. Because I just use it more, and I think it would be helpful to know. And if you could put everything inline what I was doing everyday like how momento does, when you go into the date it tells you chronologically what you were doing, I think that could add quite a lot of value for me. But, I mean I'm quite happy with how things are now... I can just kind of do a brain dump at the end of the day, and I don't have to worry too much about it is. And I think this is part of the reason almost exclusively all of my journaling is done on my iPhone. It's not done on a desktop. Traditionally people like full size keyboards, you can probably do a lot more, programs on a Mac or on a desktop PC are probably more powerful if you're doing photo edits and you can probably drop voice messages but for me that seems just too much effort. And I think if I spent that long with an entry, I would would just... I would probably not enjoy it as much. With an iPhone, if I'm on the bus or on the train or on my lunch or if I've just done something I can just quickly update. You know I've got DayOne, I've got it on my iPad, it's used on the phone almost exclusively. Yeh so you know... I think that's a big thing. That's a big deciding factor. But for me it's really important that I get it done on the device I use the most and that happens to be the iPhone.

**How much organisation - do you write tags and things for it as well?**

Yeh, so I use tags for things like food. I don't have many tags actually, I'll quickly run through them, there's 20 tags I think so I've got birthdays, charity, christmas, Eid, family, films, food, football.. actually just let me check the football one because I really don't like... Ah this is so funny. So went to this gay bar and I really don't understand football, basically one of my friends was like [our team] are playing Man U and that's like a really eventful game.' and I was like I really don't want to watch it. Anyway they forced to go to this place called Walkabout - it's an Australian bar. **I used to work in a walkabout!** Did you really?! So we went to Walkabout and the atmosphere was amazing there was loads of [our teams] fans there, and I'm really glad because we won and it was pretty - it was a huge deal because [team] was like relegated or whatever, I barely understand that. But they weren't in the premiership but then they were playing Man U, and then we won against Man U, and so you know, wow. I wrote about football, who would have thought.

Then I've got inspiration, London, love, Norway, Pause...worthy... I don't remember even doing that. Ok that's... one of my friends came up with a word, called pauseworthy, it's when you're

watching a film, if you pause a film to check someone out that's pauseworthy, so I felt I'd put that hashtag in.

**So it's just a hashtag then? You put that in the entry or do you put that at the top of it?**

Yeh so the hashtag gets converted to a tag, when you save it with DayOne. It will ask you 'would you like to convert this to a tag'. Travel, Weddings, then the name of my birthplace. So there's not a huge amount, but for the most part, you know everyday, the entries will fit into one of those. Like family, or food, or films, or stuff like that.

**How do you imagine you might use this in the future? Are you gonna keep journaling or will you ever do anything more with that data? Do you have any sort of plans for the future?**

Oh my god yeh, so this is one of the things that I really enjoyed about Reporter app. So the guy, releases an annual, it's almost like an Annual Report, he calls it like his annual report actually! And that is I think where I would like to see technology going. And that would... I know some of the metrics are not probably particularly interesting, like how many steps you've taken. But that to me is quite interesting. And one of the guys who first created this annual report spent an outrageous amount of effort trying to capture everything. He would capture like how long he was on the phone, what websites he had visited, how much was spent in restaurants, how much time he was in the air, how many flights he took. I think that is, that's where I would like to see automatic journaling take to me. So I want to capture these things and I know there are apps out there that can track how much time you spend on a website desktop or whatever. That is quite meaningful to me. Like you know, a few years ago I would use one website quite a lot, now I don't use it at all - like Facebook. The change in what you do over time, that kind of interests me. For me it's not about necessarily reflecting philosophically, but reflecting to know what I was doing. I did more steps this year, am I just getting lazier and fatter? Yeh that's where I would like to see journaling going.

**Do you think your journaling has changed much, not so much do you write about the same thing, or but do you write and journal in the same way that you did 5 years ago or do you see it changing?**

Yeh, that is actually really interesting, because I've been checking my journal whilst we've been talking, I've noticed... before, when I made my first entry was on the... (laughter). I'll read it out to you. So my very first entry was on the 16th of May, 2009. And this is one that I've ported over from momento, it wasn't one that I created in DayOne originally. It's just a list of food that I'd ordered. Erm... "one small special chips, one large chips, chicken tikka and tandoori naan, special doner kebab, one tray special doner" - I'm such a fatty - and that's it. And then you know, over time it's kind of become more text based... erm... so in 2010 I wrote 'had breakfast with (mumble).. in the afternoon went to visit [Shah], (...mumble...) had popped down from York, it was a pleasant surprise to see him.' So more and more I think, before I was just like -yeh - this is what food I've eaten. Now it's a lot more around what I was doing that day, and the food has taken a bit of a back seat now. There's only so many times you can have a chicken curry and be excited to write an entry about it.

But a lot of it now is... erm... yeh some of these are quite upsetting actually. Because I... yeh so.. I mean this entry from when I went to Norway... "Christmas day, turkey with all the trimmings including parsnips which cost £1 a piece" - apparently Norway has to import parsnips and they're so expensive, they're like £1 each... erm.. although I did not expect it, I received a number of gifts, a lunchbox, a traditional regional mug from, a patel t-shirt from [Steve], an etch-a-sketch and a photo album. Erm.. In the evening (mumble) make a dance as part of a patel dance off (?)...

Then the day before, when we went hiking, this isn't something which I would have done previously, because I probably wouldn't have made this sort of entry, but I've just said. *"We went on a 12km hike through the oslo reservoir, it was surprisingly mild given the snow on the road, we got back really late. Mae made traditional Norwegian rice pudding.."* erm...

And some of them are like. onf of my friends asked me like - who's your perfect partner - and I was just making a list of things. But that's not something I would have done previously. Previously I would have just said - yeh momento's going to do all your automatic journaling. Although they're not necessarily longer, the entries... but they kind of reflect more what I'm thinking, or what's happened. Not necessarily something like - oh I've had this to eat, although I will add that because, just out of. But now it's more like how was I feeling or who I was with or what we were talking about... if that makes sense.

### **Can you imagine not journaling now? Or do you ever miss a day?**

I miss days all the time. Although I use momento regularly to draw the entries in, DayOne I kind of reserve if something spectacular is happening, or something which I think - I really want to remember this, but for me the value of keeping a journal is - because it means so much to me when I look back at the entries and I make that emotional attachment. I wouldn't say I have a particularly outrageously party lifestyle where something interesting is happening in my life everyday or every week. So for me when I do make the entries, it's meant something spectacular has happened or something eventful. So for me, that's really important. So I'll always keep a diary now.

### **Would you say you have like a good memory generally? Do your friends knowing that you journal... are you known to keep a diary and record?**

I have a penchant of remembering really stupid things - the first time I meet someone, I'll remember a lot about them, I'll remember their names, what they were doing, something stupid they might have said in passing, I'll remember that. With most of these things, I know quite well. But I think when you live each day as it is, it's often easy to forget what you were doing. Like you you know would probably know what you were doing on the 21st, when you were 18, 16, first time you got pissed. Stuff like that. But you don't proactively think about these things - you're not gonna suddenly think 'oh yeh I remember that'. For me the entries are a way of jogging my memory, and remembering what I was doing, and that's the value. At the time my friends, as I said, at the time my friends never like having their photos taken because we take really cheesy photographs, and the girls are always like 'nah, I look terrible'. But then like a year later when you're sending them a photo they're like 'yeh, that was such a good day.'

**And would you say when you remember it, you really remember the details, or if it's a sense of the past you get? And which of those is more valuable?**

As an example, if I go back to when I went to Paris, a few years ago, I can tell you lil e- even though it's not on there - I can tell you like what time I went to the airport. Early in the morning, I remember it was 2 o'clock in the morning I rang my bank and I said 'oh I'm going, you know to Paris, I need to let you guys know'. I know where we ate, I know what we ate - I didn't capture that in the diary entry. I can tell you what I was wearing, I can tell you what everybody else was wearing, I can tell you the shops we went to, despite the fact we didn't check into them. So once I know, once I'm reminded of the date, and provided it's not like 'oh I just went to work' - I do remember quite well.

**So why do you think those details are important? Rather than just remembering we went to Paris with these people and we had a good time and we did generally these things? Why do you think it's important to remember the clothes you were wearing on when you phoned the bank or these types of details?**

I don't think it's important, I just think I remember them. I don't know why! Because I don't capture that in DayOne. The photo might have shown, you know what I was wearing. These are the silly things my brain has a habit of remembering. It would be too much to put that into the DayOne entry. And I don't want to get to the stage where I'm just putting stuff in. Because I think the more I find that I spend putting it in, the more it will seem like oh I need to spend half an hour or an hour. Oh I need to make time for it. And the more it becomes a chore, the less inclined I will be to journal. I'd rather keep it really short, thankfully at the moment my memory's not too bad. I am quite conscious because I know that age has a habit of making people forget things. But that's why now - you know, I'll quickly mention what I've written, but I tend to write about the emotions I was feeling, who was there and stuff like that, I'm kind of being a bit more sensitive to that. Because I know that if I'm reviewing these in 20 years, I probably won't know what I was wearing. It probably won't matter so much... I don't want to lose the general sentiment around it.

**Do you think about that a lot? Do you look forward to remembering these things in 5-10 years time? Is that something you think about when you're keeping a diary now?**

Yeh yeh. So especially with the picture life application, so I've got about 50,000 photos on my mac, and picture life would send me a tweet. Not a tweet, it's like a notifications and then you open the app.. and let's me see if I can give you an example today.. I think I have 59 photos today that I took exactly a year ago.

So one year ago - this is so bizarre - so one year ago, someone tried to hack into my Facebook account from Nigeria. I took a screenshot of that because I thought wow that's quite funny. 3 years ago my friends were in India and they sent me loads of photos. 8 years ago it's like a desktop photo I took. Oh my goodness.. 9 years - oh god these are so embarrassing! 9 years ago I was learning how to bake a chocolate cake. That is the chocolate cake i was learning to bake! I took a photo of part of the recipe...

So this is really good, I've only had the phone since 2008, so my 7000 photos only go back to 2008. But I've been taking photographs well before that, so picture life for me is brilliant. And sometimes what I do is, when I come across an entry that I really really like, this is still the same day, you see on the photos, is that I'll save that photo onto my phone, and create the entry retrospectively, to the date retrospectively.

### **How would you feel if you lost it?**

Oh Chris I'm a geek! You should know this by now! **(laughter, it's all backed up?)**

So it's backed up on my Mac, on dropbox, then I've got two separate offsite backups in Europe and America. If I lost it I think, given the investment, yeh I'd be pretty sad.

### **Do you think losing it would mean forgetting it?**

A lot of the triggers that jog these memories, are the photos. And although you never forget - 'oh Chris do you remember that time, or oh [name] do you remember that time you got soaking wet at Alton Towers.' But you won't proactively remember that - not unless something happens like you've gone to Alton Towers and you happen to remember that time you were at Alton Towers and made a fool of yourself. So for me I think, although I wouldn't necessarily forget those things, I think they would just become passed into the background where over time, I would just completely forget.

### **Besides the obvious enjoyment that you get, and being able to share these things and say look at what we did - do you think it's important to remember? Like you make a point of oh I want to remember this?**

I think looking back at things Chris, I don't think there's anything that I've said which is profound or insightful or philosophical which as I said which you should pass down to someone I they would think wow this is just epic.. **You never know!** Well, maybe, who knows.

But I think for me it's more about letting you relive a memory when I was a happy. Almost always it's about when I'm happy. When I've had a shit day, and I look back and think oh yeh that was a really good day. So for me it's not necessarily about doing something that's insightful others. I'm writing the diary for myself, for my enjoyment. Not for... like it's not something I want to pass on to kids. Probably because I won't ever have them. Not unless they find a way of impregnating me... (laughter). But yeh I'm not doing for anyone else's pleasure, it's purely for me, and I derive a great sense of happiness from it, and satisfaction from it, so that is the biggest thing for me and you know, a few people have seen the entries. Often I'll share them as I said, with pdf's I'll send them out and people just have a laugh about what we were doing. Other than that I don't think anyone else is gonna get anything out of it. For me it's just remembering and try to relive those moments. That sounds so cheesy sorry! **Not at all!**