START AUDIO

Maybe you could start by telling me what the apps are that you use and how you use them on a day to day or month to month basis?

At the moment I use DayOne for personal journaling, so that has notes about the friends I have gone to have beers with and where I have been. Sometimes personal grumbles, it is really a very personal kind of journal. In the past I think I have used a couple of others. I used Momento I think for a while and I also had a crack at using Evernote and doing it that way. I use Evernote for an awful lot of filing stuff and I thought that would make some sense.

If you want to talk about meaning etc. Obviously a personal diary is a personal diary and there is stuff in there that you don't want to be sharing with other people. I use my Evernote account for lots of different stuff and you realise that if you are sitting with somebody and using a search and then one of your journal entries comes up… I do use Evernote for journaling stuff that you don't have a problem with sharing. It is practical stuff about events you are organising or about this or about that stuff. It is the personal stuff that is feeling at the moment goes into DayOne.

How often are you writing, is it something you do every day or less frequently than that?

It is not every day, but if I find a week has gone by and I haven't written something then I will go back and I will write two or three entries for the week depending on what has happened in that week.

What sorts of things is it that you are trying to record with the journaling?

Sometimes it is about places I have been, when I have been to them and the people I have been with. It is a bit of a record of a personal sense of achievement, conversations you have had with people, times when I have felt good or I have felt particularly bad.

Maybe you could say little bit about the sort of the occasion that you write, is it something that you do at the end of the day or when you are on a bus? Is there something that will make you think, "I need to sit down and write just now." What brings you to writing your journal on a day to day basis?

Time and reflection that I probably should do it. One thing I did find quite amusing because DayOne tracks some of the activities that you are doing, it makes a guess of them and it also tracks your location. I have got it on my Mac, but I have also got it on my phone. One thing I did recently was just have a look at my journal entries plotted on a map and I realised there were a lot of entries that were along this line. I commute [between two cities] every day and you can actually see the line of my train journey. I quite often sit on my phone and I will just put a few lines in when I am on the train.

Is that on the way home? Is that something that you do in the evening at the end of the day or is it something you start the day ___[0:03:36]?

It will more likely be in the morning when I doing a bit of brain dump and clearing my head before the start of the day.

How much do you tend to write, are there photographs and things in there as well? What is the content like in a way?

Sometimes photo-led because that tells a story really well. The advantage of a photo is you can go back in time. What you can do on your phone is add the photograph and then you can change the metadata of the entry diary to the date and time of the photograph and the location of the photograph. so that takes it back and I can then write a little bit about that. It is very much device-led. I hate typing on my phone, so if it is an entry that goes on my phone it will be three or four lines long and that will be it. If I am sitting typing on my Mac I could type for hours, so it might be a couple of pages long.

How does that writing process feel and how do use that? Is it something that just flows out or is it quite carefully thought about? Could you tell me a little bit more about how you write if that makes sense?

It is definitely brain dump. What is it called? Flow of conscience, I need to get it out and I just write it. I am not writing anything that is well crafted, thought about or designed to be read by anybody else, no.

On that note once you have written it do you go back and redo it and correct any mistakes or is it really just [what comes out, 0:05:19] comes out?

No, very rarely. However, it does kind of serve a purpose and I think that is probably where the location bit of it helps and being able to search text does. Quite often you say… Can I do a little bit of a side jump here and say there is a slight difference between personal diaries and journaling. Journaling I would say is tracking data of a particular type.

I quite like drinking real ale and one of the apps I have used in the past was the one called, God I can't remember what it is called now, it will come to me before the end. It is one where you can type in the beer you are drinking and in theory it can locate the pub you are in as well and then you can just post that you have done that so your friends can see you have done that. The appeal of something like that is when you do walk into a pub and you see a range of beers on there that you

can just type that into your phone and you can see whether you have had that before and remember whether you liked it or not. Quite often I recognise it but I can't remember if I liked it or not.

I found that particular app very difficult to use, particularly when I have had a couple of beers the usability of that was pretty shocking. Plus there were some concerns about making that kind of information publically available, so I stepped onto using Evernote for that. I thought I would just track a picture of the pump clip, stick that and you type the words in and then you can easily find it.

So that for you is kind of journaling?

That is kind of journaling, yes. That is the kind of stuff where you go back and I can also do this also now with my DayOne app. I can type some text in and I can find out when I was last at a particular pub and what I thought about it. I sometimes pop in beers there or places like that. When I say that I don't re-read my entries they are there as a bit of an aide-memoire sometimes.

If you could maybe summarise about what sorts of things you have got in DayOne. You have got some text you have written, is there always a photograph associated with it and you have got location and…?

Not always.

You have got the location and you have got some sorts of tags and things as well. If you could say a bit about what you end up with in terms of an entry.

What you end up with, you can put tags and I find tagging systems for any sort of entry really difficult to maintain. Actually I think if I look in my DayOne diary I gave up on doing tags after a couple of months, it just didn't work. DayOne automatically puts a motion detector thing in it and takes a guess at what you are doing whether you are walking or in a car. Mainly my phone is screwed up because I have got entries where I know that I have been sitting somewhere and not doing anything and it has guessed that I am ___[0:08:44]. I sometimes remember to go and take that away and I mostly ignore it.

It goes for location and that is kind of amusing because when it looks for location at my house when I do it at my house it is never the same address. It is usually the same street, in fact it might be the street behind as well but it is never the same house. It is almost not accurate enough to worry about too much, nothing other than just a general thing and it puts the weather in. I am not really that fussed by that kind of stuff either.

Are any of those details particularly important to you? Are any of those added features of particular value to you at all?

I think I do like the map thing, I think that is kind of cute because at some stage when you go back and reflect you can go back and see things. I know with photos I like being able to search photos by location. If that is kind of there and there might be some thoughts that you have about something that relates to where you are I think that is an interesting way. It is not one I have explored to a great deal, but I think it is nice that it is actually there.

In terms of the photographs, again I am just thinking in contrast to keeping a traditional diary. What do you feel the photographs add to it for you?

It means when you have just have a scroll down the entries that are there because the photographs are big enough that you can see them without them being the full detail. It is a very quick scan that gives you an idea about what you were writing about then.

Just thinking generally in terms of looking back at it. How much do you look back at previous entries you have written with the app?

Not terribly often to be fair, not very often.

Are there any occasions where you can think that you would or is there a trigger that might make you look back?

As I said I think there are occasions if I remember to… I suspect it would be when reflecting on social occasions. For example, my sister came to visit me in March so there are some pictures and there are a couple of pieces about when she came to visit. That might be something that possibly when in conversation with her again at a future time or when thinking about talking about that with her I could use it to go back and reflect on that.

Is it something that you imagine you will reflect on more in years to come or is it something that is not so much about that reflection for you?

It is definitely about having an external memory because I just forget stuff really well. Then because it is there I can go and when I can think about something but I haven't got any of the details there it gives me opportunity to go back. I like to have that to rely on rather than being able to go and read something I have said, reflect on it and then think about how that is going to affect my future, which I often think that I should do but doesn't really happen.

Again in terms of you saying it is nice to have something to rely on, are there any circumstances or examples that you can think you really appreciated that?

[Silence 0:13:01 to 0:13:13]

Erm….

Or is it something that you anticipate will be useful?

I am just trying to think. I am pretty sure I have gone back and I have answered specific questions like when did that party happen? Who was there at that time? How often have I talked to person X? You can put a text string in and you can find and list all the entries there. Although it might not answer it to the highest degree of accuracy you have got a fairly good idea of where you are at.

Yes, just thinking again maybe more about the motivations of keeping a diary. How did you start keeping the journal, what was the motivation to begin with for you?

I think I have kept journals way from when I was a kid. I have recently discovered school girl diaries that I wrote in from time to time. During my 20s I wrote extensively in big books that I wrote into. It has been a lifelong, not persistent every day or every month, but it has been a behaviour that I have done all the way through my life.

When did you then transition over to using digital tools to do that? What was the motivation to go digital with it?

Probably the same kind of motivation to take everything out of books, although I actually find I am going back to paper for many things. But hell, when did I start doing that? I don't know, maybe four or five years ago when I got a decent reliable computer and decent reliable internet access. It just became easier to do. I am sorry I couldn't pinpoint exactly when that is.

Have you still got those older diaries, are they something that you hold on to?

That is an interesting question and that is when you start thinking about the apps you are going to use. As I said I think in the past I used Momento and there is another one as well and if I find them at some stage I will drop you an email and tell you what it is. When I get to the stage where I realise I don't really like this app any more or it is not really doing it for me you have then find a way of taking that data out of there and storing it in a way that you can actually reuse it.

I think that might have been the process when I it took out of one app and then put it into Evernote because I was able to take it out into a series of text files and then import them into Evernote really easily. I thought, "That is dead easy." It means I can store those and keep them persistently. But I wasn't able to take those and stick them into DayOne, so this DayOne is from whatever day I started using that.

Right, maybe you could just say a little bit about Momento. How did it compare to DayOne and why ultimately did you stop using it?

Let's just see if I have still got it on there. Is it Momento? No. Or is it Memento? No, I don't appear to still have it on here. It would have been to do with probably the ease of use in terms of what I can type into it. I wonder whether Momento was just iPhone, yes that will be the problem then. iPhone is easy for doing very short texts but it's no good for writing anything more than a couple of paragraphs.

I know Momento has quite a few streams and automated things you can grab into it. Things like your location, Twitter and other social media things and camera streams, did you use any of them and were they useful ___[0:18:30]?

Erm… No.

So used it in the same way that you use DayOne now?

Yes, I would say something like Twitter is a public broadcast out to the world, it is not something that would go in my personal journal.

Maybe you could just say a little a bit about you said it is not something that should go in a personal journal. For you what are the sorts of things should go in a personal journal, what belongs in there?

What belongs in there is a little bit of a story of the day, something about what I did. Whether I felt someone I really liked and got along with. A little bit of an essence about the story and about what ___[0:19:23] or something that frustrated me in the day and I would write about what particularly frustrated me about that. I suppose looking at some of my entries recently some of it is about locking down the elements of something that you might then subsequently tell somebody as a story but it kind of serves…

The story of that day when I went diving in Croatia, it is just a matter of dropping some of those details down so that they are actually stored. That process of doing that helps you recall them, but it also means if you forget them you can go back and reread them again as well.

You are coming onto it there but again in terms of the main motivation, what is it you feel you get out of doing digital journaling? What is the most rewarding thing for you?

I think it is the opportunity to be able to write stuff down that I don't particularly want to bore somebody else with. I just want it recorded that I can then go back and refer to if I so choose. Doing it digitally as opposed to hard copy means A) I can read it because my writing is appalling. B) I am not building up a great big stack of physical things that I need to store and somehow protect. Obviously I can do something like search for it and I can stick pictures and things like that.

Do you find you are always quite motivated to write it or is it ever a bit difficult to write? Is it something you find reasonably easy to do?

Sorry, can you say the question again?

Do you find yourself quite motivated or have there been times you have found it difficult to write or you have not written very much? Is it something that is easy to keep up with?

Well I don't set myself any particular targets on doing it any amount per day or per week. As I said there are times when I get to the end of the week and I realise I haven't actually written anything. I guess usually when that happens is because there has been so much happening and I can then go back and I can put the key things that happened on each day sometimes. That just helps me in that process of typing just reflect on what happened.

How do you decide what to write about at any given time? Are there certain things you definitely try and get down, is it just what comes to your mind then or is it something that you think through? How do you decide what to write about in an entry?

I think it will probably be the stuff that most emotionally affected me about a situation.

Would you say you get more out of the writing it down or more out of the ability to look back on that to reflect on it at a later time?

I guess in and of the moment I get the benefit as I am doing it. In the future I get the benefit from reflecting back. Probably because the future is longer the benefit for looking back would be greater.

Again is that something you are aware of? Are you writing thinking…? Are aware of how you might look back on this or is it very much just about writing it at the time?

No, I think I am aware of that. Even though I don't tag things I do try and make sure that some of the key words are spelt correctly so I can do text searches on things like that.

It would be really interesting just to get an idea of the sorts of things that you write about and a flavour of the style a bit. For the next bit if you are comfortable with this if you could maybe look back through your journal and pick out one or two interesting examples or experiences of the types of things you have recorded. Just to give me an example of the kinds of things that you like to write down, if that sounds alright?

Okay, I was on holiday the week before last. If I go back to the last day there before I flew back what I have popped in is actually a screenshot from Strava because I was in the city of Split in Croatia, which was really busy.

I am going next week.

Are you?

Yes, I am going in two weeks' time.

Well it will be even hotter than when I was there. The weather was fantastic. I found Split the city itself way too crowded and then I discovered a little peninsular with a forest park and I decided to go for a walk there. I stuck on my Strava because I had four hours before my flight and I just had to make sure that I managed that and I thought it would be interesting to see what I actually did. I really enjoyed it, it was fantastic to get away from the crowds but also have some peace and quiet and stuff there. There are a couple of paragraphs in there, some of it just practical about what I did and then a little bit of emotional, 'I really enjoyed this ___[0:25:30], I didn't quite so much enjoy that one.'

Is it written in proper sentences or bullet points?

Proper sentences, not terribly grammatical.

Are you concerned at all with the style of it? Is it important to you that it reads nicely or sounds nice?

No not particularly, although I don't think I would ever use bullet points it is always sentences. As I said it is more a stream of consciousness. It is just me telling things, so it is not well constructed. I am not thinking, "This is a new idea I need to start a new paragraph here." Or going back and making sure the sentences flow in the correct order or anything.

It is more about getting it down.

Yes.

Maybe you could flick back a little bit further and give me another example of something that you have recorded. Maybe that you have looked back on before or anything interesting stands out to you.

Okay, erm…

[Background noise 0:26:36 to 0:26:49]

So thinking about something that I might have looked back on before.

[Background noise 0:26:54 to 0:27:13]

Possibly something about a social event that looking at this one clearly I was exhausted at and tired and angry. Then subsequently had a chat with a friend that made me feel a bit better. That

was something that I did go back and just read again because it is a regular event that happens every couple of months. I will just go back to what happens last time, I am sure there was something a little bit wrong last time. So that is something to go back and have a look at and just put it into context about what it was that was wrong there or what it was that I didn't feel good about.

Would you say you equally record the good things and bad things?

Oh yes. Life is not too bad at the moment so there are probably more good things than there are bad things.

When you are looking back like that and flicking through your journal there what sorts of feelings do you have when you look back at your journal?

Sorts of feelings, erm… I think some of them are about emotions aren't they. You look at stuff and you realise having written about the times being tired, frustrated or weren't particular things that… To put into context I broke up with a long-term relationship at the beginning of the year. That is nearly six months now but that is something that was very poignant at the time, lots of important things there.

When you look back over your journal you realise there were some of these key points that things happened. You go, "Ah that time has passed." I just feel very differently about some of those things. I think that is one of the things that is useful about journals that you can go back and you can look at those frustrations or those points where things really annoyed you and use it to recognise that feeling will pass.

I guess on that note what sorts of entries are the ones that are most interesting or the most meaningful to you when you look back?

The ones I suppose that are those little turning points, little breakthroughs of things. The ones that have a bit of both positive and negative.

What do you feel is the real benefit about having those things written down? How do you think you would feel differently about them if they weren't written down?

Memory is constructed and reconstructed every time we go back and think about it. There are parts of my life of which I have no recollection and if there aren't any journal entries at all it is just a gap. While that in the majority of cases doesn't matter there is a sense sometimes that is nothing to go back and see where it was and what actually happened there.

I think it helps to give a sense of connection to the past, connection to somebody who was past. If there is any sense of reflection it is that I as a person have moved on. There are different things, as I said these moments in time pass and your feelings about them pass. I think it is nice to have that.

When you have looked back at things how effective in a sense is it in terms of the remembering. Do you remember what you were writing about and what you were feeling at

the time or is it just what is there if that makes sense? How easily are you able to remember things when you look back at your entries?

Hang on, let's just see how old DayOne is. DayOne goes back to, I will see if I can see that, to the beginning of January 2014 so that is only 18 months there. Just reading those entries I was just finishing my PhD then and I was very angry with my supervisor. (Laughter)

Am I right that you were at [Anon]?

I was at [Anon], yes.

[ANON]

We may have briefly crossed over, but I may have just gone by then. Just looking at those yes I could bring that to mind but then again I think that was fairly poignant. I have got, 'I am feeling rubbish, I have had a couple of slices of bread and cheese and I am not feeling good.' That is obviously not something that I am going to remember but it kind of conceptualises how I was feeling at the time.

Stuff that is not in there so pre-2014 I have not got access to, not in this app anyway it has effectively gone. I know when I have looked at physical diaries that I have had in the past I can read them and I can reread them and they can be really in-depth talking about people and things. It doesn't make any connection at all.

In terms of the detail, the bread and the cheese and the mundane things in a way. What did they bring when you have written them down, is there any value to them?

I think at different times I have attempted to do food journaling, never very successful with that one because it requires such high detail and has never lasted for terribly long. What value does it add? I don't think it adds anything because it doesn't happen long enough.

I mean in terms of when you are looking back what are those sorts of details that feel particularly poignant to you? Whether it is a song that was playing or something that you have eaten, are there certain details that you particularly enjoy looking back on if that makes sense?

Erm… I think in some ways writing stuff like that which sounds a little bit prosaic or is a little bit boring actually makes it really real. It is rooted in the experience of what happened on that particular day, it really means it is my voice. Even when I look at an event and I think, "That happened, I don't particularly remember it. I am not sure who was that person there and I don't recognise that name there." With all of those kinds of details in and the way it is written it is very clearly me.

Where clearly my physical journals it is all my handwriting and you go from one journal and you can remember that event or remember that person or something and then next one maybe you can't.

That is still the same handwriting and it is the same book, you know it is you even if you can't remember it. You lose that when you move to digital, but at least you still keep the content and you keep the flow. The fact that these are really things that actually happened and maybe what I ate the bread and cheese I talked about feeling stressed and having a sore stomach. I was just thinking about how food effects your sense about who you are and how you feel on a particular day as well.

How does it compare looking at your journal compared to looking back through photo albums or back through Facebook or something like that? How does it compare to looking back at these other media?

Facebook is very much published media, very highly edited in terms of what gets shared and also regularly stuff gets deleted as well. Were I to look at Facebook for any kind of recollection or anything like that it is very sporadic. Photo albums, I take tonnes. I regularly go back and edit them because I take far too many. The problem with photo albums is I haven't yet found an app that allows me to annotate them in a way that makes sense to me. The pictures have to tell the story. The pictures are often there to be… You might show pictures to people, it is that bit between public and private again.

In terms of the sense of the past that they give you if you look back at a photograph of an event versus looking back at your written record of it, how do they differ?

If I am looking at the difference between my journal that I am keeping and say a photo app there will be in many cases a number of photographs possibly taken from different angles of different things. Obviously there is only one journal entry usually, so that is a bit of a difference. The photos are taken there and then whereas the journal entry might be written anything up to a week later.

In terms of how you feel about them or in terms of how they help you remember is there a difference there?

How they help me remember, erm…

[Silence 0:39:07 to 0:39:18]

Or is it… Sorry, on you go.

Often photographs are taken inside buildings so you can't actually remember where it was. You have got a date there and you might have a location but you have not always got a location depending on when you grab the photograph for. As I said so far there aren't any good apps for annotating them. There are some details about what you felt about it that you just can't get recoded, it doesn't go on the photograph. That is really a text stream.

Is there anything you feel is missing from your journal ___[0:40:10] you said there were times before you could have… Within DayOne it only goes back 18 months, but in terms of what you have got is there anything you feel is particularly missing either in terms of things you wish you had written more about or in terms of the data and things that are associated with those entries?

In terms of the data that is associated with them I think when I look at the DayOne app it can actually grab a whole bunch more data than I do with it. I use Fitbit, I have been using Fitbit for about three years or so. I know if I go into DayOne it will now grab my steps I think on my phone. But because I have already got an app, because I have already got Fitbit doing that for me it doesn't seem terribly relevant to grab that there.

You are not interested in seeing your step count for a day alongside your diary?

It doesn't, it wouldn't do that though because if I write my diary at 6:30 when I am on the train then it can't grab my step count for the day, it can only grab my step count up to 6:00.

Okay, that is interesting.

That actually wouldn't work. Let's just see what else it does in terms of meta, walking, music, actually I have noticed that a couple of times if I have got Spotify playing in the background it will grab that although I am not particularly fussed about that. As I said I am not particularly fussed about the weather, it seems like an odd thing to have in there as well in terms of meta in there.

I quite like having a single picture. I would quite like to have more than one picture in there I suppose because sometimes if you feel like you are writing a long journal you might want to put a story in there. Yes, I always wish I would write more often just to give me more detail.

Is there anything in particular you wish you had written more about people or you had written more about places? Is there anything you particularly feel is absent from what you have written or the way that you write? Do you think it is ___[0:42:27] enough for you what you need it for?

I think I should write more about people because often when I get to writing about it in retrospect I have to sit and work through what it is I did and it ends up being very pedestrian.

You mentioned the Fitbit, is there anything else in your life that you record that is not a diary but it is important for you and do you look back on that at all?

As I mentioned I have in the past I tracked beers I have drunk and as an easy side-line to that one the pubs I went to. I store my runs in Strava, runs and swims and whatever they go there. What else do I track? With the Fitbit I have recently had a Fitbit Surge which also does heartbeat as well and I found that really nice to track my resting heart rate to see how that was improving as I was getting fit. That was really nice and that would be something that you might think would be

great in a journal because you are reflecting on picking up your exercise or doing something like that. Obviously then your weight and things like that.

How much would you look back on these things or look back at what you were doing a year ago in these apps and ___[0:44:31] and things like that?

A bit more frequently, actually quite often because I get these hiatuses when work gets in the way and you look back and you realise, "Oh God, I haven't run for two weeks." Then you go back and you look at where you were and then you have to go back and how long is it going to take me to get back to where I was again?

Part of the interest in this study and my PhD generally is really about how we remember with this kind of data and that might be different from remembering with photographs or looking back on Facebook and things like that. Do you have any interest in combining that sort of data with what you have got in your diaries, or how are they different?

I think they are different, I think part the reason for that there is a public-private thing there. Also one is quantitative and one is qualitative. I would say that my private diary would be where I would possibly from time to time grab that data and then do a qualitative reflection on that. Whereas a quantitative analysis within an app which shows I have progressed or reflects month on month an activity or something like that is so specific to that particular type of data I don't think it would sit within a diary.

Do you ever look at them side by side? Do you ever look at a journal entry and check what you were doing in something else at that time? Is there ever anything that overlaps like that or are they really very separate for you?

I don't think I have done it between a diary and Fitbit. I would have done it between multiple diaries, between work diaries and personal diaries sometimes. Using iCal where you have just got events put in and then your journal entry on that one, sometimes those will be compared.

I think I have asked you most things. My final question is how you might imagine you might use this in the future? Do you think you are going to continue your journal, are you going to continue using DayOne? What are the days that you think will be most important to you in 10, 15 or 20 years' time?

(Laughter)

Not that that is an easy question.

No not the easiest one. What is important to me is being able to find a way to reliably store and access that information. One of my concerns about digital diaries is that should the app become unsupported or become not something for whatever reason that I feel I am able to use

anymore, maybe I stop using Apple products and I need to find a different form of app or maybe they stop supporting it. I need to be able to take that data out and put it into something else that I can to go and have a look at. I need to be able to able to back it up, so it needs to be securely backed up somewhere so that when my computer dies I can still recover that. Will I still be keeping a diary? Yes. Will it be DayOne? I have no idea.

Have you got any envisaged future uses? Is it something that you imagine in your dotage looking back on, is it something you might share with people? Have you got any idea at all about what the future for it is or you will get to that when you come to it?

Will I reflect on it in my dotage? Possibly, I think it is nice to have it there that you can go back and reflect on it. I don't really know how I feel about going back and looking too much about that. I think the fact that it is there gives you the opportunity to do that. Even if it is at a high level of what was I like and give some samples of what I was doing that year rather than anything in too much detail.

It has been great to talk to you. Have you got any other questions at all, anything I should have asked or anything else you want to mention at all?

Erm…

Or any questions generally about the research or the study?

I would love to know what you are doing. You are talking about journaling but also tracking lots of other stuff. Are you looking at all the different kinds of activity tracking things as well?

Yes, in my first year I did a study looking at people who tracked something or other for a number of years. I did it with people who tracked running, who tracked music, even things ___[0:50:19] using GitHub and tracking all your coding activity and asking them to look back at that. Basically making the case that data provides quite an interesting new medium to remember our life. I talked about that as a quantified past and trying to work out what that means and whether that is actually something that is valuable or useful to people.

I think also in terms of all of these tools there has been very little in terms of thinking about the long-term use of [them 0:50:46]. They are very focused on behaviour change and on running faster tomorrow. There is very little recognising how these things are really recording our life in quite an unprecedented way, so that was the first step.

Now this second year I have been more about what are the things people want to remember? What are the everyday mundane things that are valuable for people to remember? Then working out where tracking and quantitative data and quantified self maybe overlaps nicely with that and areas where maybe it is not such a good thing.

I think like you say memories will be reconstructed and I think it is really interesting the kind of picture and the perspective of your past that data, numbers and infographics and things gives compared to a written entry and a photograph. I was very interested in smart diaries because they sort of combine them all and how people feel about different… That is why I asked you quite a few things about how does it differ looking at this to that. That is where I

am at the minute looking at maybe trying to do some sort of design work looking at interesting ways of combining them.

END AUDIO