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Start by telling me a summary of the sort of apps that you use and have used and how you use them on a day to day basis?

Sure, I'd say the two that I use most commonly would be HeyDay and DayOne. So I use HeyDay all the time, particularly having it on in the background so I can record where I have been and linking the photos to where I have been. I sort of passively use that everyday, whereas DayOne is more of kind of a written journal, I use it more adhoc when I'm using it when have some thoughts i want to record. So [my regular activity/] in DayOne whereas HeyDay is definitely passively in the background everyday.

And so how often would you say you're writing something in DayOne?

Probably about once a week I'd say, sometimes more prolifically, depending on.. because most of it's personal reflections, things that have triggered in my mind, it's more topical, so it'll be more thought based, or more kind of stream of consciousness based, whereas HeyDay stuff is more what i did that day, or where I was, or what that photo was about or something that inspired me or interested me.

And could you say a little more about how long they are, how organised they are and sort of when and how you write those sorts of things?

It's definitely evolved over time, I think as different apps have added new features and different apps have specialised themselves and differentiated themselves as well. I used to use DayOne as my primary record keeping memory keeping kind of tool. I'd proactively add photos into that, locations into that, and kind of keep things organised with tags and different sort of structures within DayOne. And when HeyDay launched a couple of years ago, because it has more passive tracking in the background and linking more photos and locations for you, I've definitely found that's been more, I've transferred things over from DayOne to Heyday. So DayOne has now kind of got stripped from any kind of structure, or categorisation or organisation. It's just been more free form, whereas I've just moved the structures more over to HeyDay.

And roughly how long have you been using DayOne for?

Probably about 3 or 4 years I think?

Could you say a bit more about the distinction between the two - are they both recording different things now?

Definitely, recording different things. I've found as well, and [...] I use social media - there's another app called 23 snaps, which is like a mini Facebook, or a closed Facebook, so I've recently had a daughter and I've been using 23 snaps to share pics of her in a contained way, so the kind captions to photos like that or a little bit of a description of what she was doing, or a little bit of a snippet of the day, or something new she's done - that's in HeyDay because there'll be the photo, I can add the snippet to it, I can publish tha snippet really quickly, and kind of just keep a track of how the week goes because they go so fast. It's definitely

more of erm what I would call a diary, - a diary is sort of like today i did this, today I did that, yesterday I did this, today I went there. Just remembering things, whereas DayOne is definitely - I sometimes don't even reference a person or a place or a location, There's very rarely any photos in it anymore It's more something I'm thinking of, it's definitely more of a journal, conceptual, feelings, thoughts, reflections that kind of thing.

Would you say you have really transitioned your diary taking as you describe it there from DayOne into HeyDay?

Yeh, absolutely yup.

First person I've spoke to using HeyDay -

- I love...

- could you just say a little bit more about - specifically what data you have in there - you said photographs and location things, and also how the automatic tracking works or is it something you've got to look at everyday, or does it just work? How much do you need to do with it?

I had originally used Momento and I really liked Momento because it kinda aggregated your twitter feeds, your Facebook feeds, erm any kind of proactive you wanted to add into it. But I think.. I kind of mentioned earlier - at the moment in this field you're very much at the mercy of the developers and how they want to take their applications and Momento was very very slow to get updated. It kinda launched really well, had a lot of features and promised a lot of things and then kind of never updated it and never got with it. So when HeyDay came on the scene, I really did want more kind of life streaming kind of stuff where it would just grab some rings in the background. Because when you are busy, you don't have the time to record every single day where you have been and what you've been doing. And honestly, most my days aren't that interesting, so I don't like - I don't have a lot to record - I went shopping with things and I saw this interesting thing. So when HeyDay came out - what it does actually, the GPS stays active all day so it marks your major locations. So if you're at a location for more than half an hour it puts an automatic entry into your day's activities for you. And if you take any photographs at that location it actually automatically collages them into a little bit of a montage layout and then allows you to put any like text based entries from there. So often at the end of the day I'll just review the major locations I've been, and the photos I might have taken there and put in a few snaps of this is where I was or this is who I was with.

Erm it's gone through a Couple of different renditions, it used to have some tagging, so you could actually tag contacts in it, like you can with Facebook but they seem to have stripped that out. But yeh, it's very handy for passively recording stuff I suppose.

How sort of accurate would you say that it is - and how much work do you have to do to get it how you want it?

Very little work, and that's probably why I've stuck with it, for years now, I've had

it for quite a while now. And that's why, because it's bang on with the location. And the thing I like about it as well, is that if you're at a location you're regularly at, you can give it like a nickname or a proper name like 'Home' or 'Work' or whatever it is. It doesn't just record the address. So that's nice, and if you're at a friends place, it will record the friends places name. And recognise when you were there. And I think within that, because it does those sorts of things for you, you can actually look at your timeline, and see when you were last at that location or you can see where you were this day 4 years atom this kind of thing. A few others leap through.. timehop and couple of others do things ilke that as well.

And that's structured in quite a daily way within the app and you look at each day at a time and that's quite easy to flick through?

Yeh, yeh yeh. So you kinda scroll in reverse order, chronologically, it's.. each day is saved like a tile, so it's usually, if you've taken a photo of something that day, it has that sort of entry page or colour tile, and if you haven't got any photos it just shows a location of the maps you've been at that day.

And do you add any more annotation to what HeyDay's go tin there, and what is that [...?]

So yeh definitely... so say for example I'm at home throughout the day, it will take snapshots throughout the day and then sort of mush them together into 'I was at this location for several hours'. And what I'll add to that, especially if I've taken a photo and want to add a caption to the photo, or if I'm at a photo and it doesn't have a photo and I want to add a description of what I ended up at a location. I'll just add a few notes and it's rarely more than about a paragraph, it's usually only a sentence or two, and it's literally jus tot help me remember something more about that photo, why I took it or why I was at that location or who I was with. Whereas my journalling is definitely you know, paragraphs and paragraphs, it's more actually text based.

And how much are you aware of HeyDay being on and active -as you're going about are you taking photos thinking this will be nice for my journal? How much are you aware of it passively being on?

I'm rarely aware of it actually. The way I am probably conscious of it - especially having a new baby, it's really easy to take thousands of photos. So I'm finding now I cull my photos down to be really good photos, so I don't have a lot of junk sitting in my camera roll. They're photos that I'll want to refer to later rather than just sort of junky stuff sitting there. If there's junky photos that I want to tai, I'll either strip them out or put them in another application like EverNote or something like that. Because HeyDay grabs everything in the camera roll and puts it into montages.

And if you take them out the camera roll they come out of HeyDay as well? Or do you have to do that...

So about a year ago HeyDay - that was actually one of the major flaws about the

application when it was developed, was that it was based on your camera roll, so if you did a back up for example, or did a clean up, or moved some stuff into albums, it completely wiped your history in HeyDay. And about a year ago I think it was they did an app revision where they now cache all your pictures on their server, so they actually have a back up copy which is much more reassuring because you know that your journal will stay in tact no matter what your camera roll actually does. And that's why I when I mentioned earlier I kinda get rid of the junky photos so it only sucks in the good photos that I want to keep in that montage.

And again is that something you do at the end of the day?

Yeh? I mean, sometimes I do it daily, particularly if I'm taking a lot of photos and there's a lot going on. Sometimes I do it weekly, but I actually - I use HeyDay to help me keep track of things so I can go and make albums offline, so I can do print outs, kind of like [project life kind of stuff?] because it's so fast to keep notes, and know that I can look back at that stuff weeks from now, months from now, and there's context to where I was and what those photos were about was really helpful.

You said you've got the location, some social media stuff, and photographs..

Not any social media stuff in HeyDay.. that's probably one of the features that's missing from it. I'm not a heavy social media user, and probably not now more so because it's not very well [..?] anymore. It's definitely not like Memento in anyway, probably a bit different.

I'm wondering what all those different things, you know, what does the other sort of data do for you in terms of the location vs photographs and the notes and things. What's for you the values of having those sort of things in there. What's the value of having them altogether?

I think before having my daughter it was probably just reflecting on like if I'd done some travel. It's a way of storing some notes against those travel photos. Because you do forget where you were or what that particular thing was that you found interesting. And even nowadays, most people, if you have a photo - it's still not very easy on iPhone or Android, to actually look at the location data of that photo in a nice way. So it's like I can't remember exactly where that photo was taken. So that's something in HeyDay I like, I can't remember exactly where that photo was taken. So that's something in HeyDay I like - it's like oh yeh that was at that market or that was at that someplace' and it's really really easy to see in context where that photo was taken. Probably now for me it's because having the child, I'm moving so fast that if I don't actually caption things at the time that it's happening and record it, a week later I can't remember why I took that photo or you know it's a cute photo but I don't actually remember it was here, or she did this just before I took a photo or whatever it was.

And again you find that very accurate? You trust very much the way the

app presents those things and the locations it gives you?

Absolutely yeh, it's locations are bang on, and the photos against the time stamps it's bang on. I've never had to adjust which is really good. I did in the beginning when they very first launched the app, but I find it now very accurate.

Can I just ask what phone you have as well?

iPhone 5s.

(Discussing difference between location on iPhone 4 and 5).
Coped much better with location data. Less battery drain.

One thing to note, there is no HeyDay iPad, so it just feeds off of your camera roll. And that made sense back in the day when photo's weren't cloud based, so your phone was your primary camera. Now that they're more cloud based it will be interesting to see if HeyDay [...]

Thinkign about how you end up looking back, on what occasions, and when and how often would you look back, particularly in HeyDay, what would cause you to look back?

They had a really nice feature in the app where they actually push erm the two pieces of data when you were last at this location. So if you were location you haven't been for a while it will actually bring up a reminder in the app - 'hey last time you were here was such and such and here's some photos from then' - which is really nice. And then proactively 'where you were 5 years ago, or where you were 4 years ago on this day' and that's also really cool.

I personally find that I actually look at it quite actively, especially now having the child, time is moving so fast, it's a really lovely way of being able to scroll back and see what she was doing and where we were. You know, looking back, and someone asks me a question like 'when did she start teething' or 'when did she start doing that' - and I don't have to like look around or look anything up, I can just scroll back through the timeline and see the teeth photo, and you can also write on that photo like a title. So that I could say like '1 month anniversary, or 2 month anniversary' or 'teething' or first steps' or whatever it's gonna be. So you can refer to it as a timeline basically.

And is that something you end up scrolling back through or do you search that?

I scroll back through, although HeyDay's search facilities are really good. I remember with tagging, it actually allows you to look up terms that you've used in the captions. Or you can say like 'give me all the photos from January' so say you're celebrating new years, it can bring those up for you, so that's really cool. I don't kinda use it that way though.

In terms of how far back you look... you've ben using it for a couple of years you say... would you say you most regularly look at things that have

happened in the past few weeks, or things that happened more a year or two ago.

[...] In actual fact I put a lot of effort into when I first started using HeyDay - actually it import call of my camera roll photos. And i started the habit of, when I was updating the current day or weeks activity, I'd go back a year, and then I went back 2, 3 years ago, to where there were photos. To clean them up, put the montage, put the description if I could remember where it was and what it was, but interestingly enough even though I remember those photos I can't remember any of the details about where it was or what it was. So yeh I found that really interesting. And a bit sad.

So there's quite a difference between those ones that are more recently?

Absolutely. I feel like I've lost the details of those special times of those special occasions, because I wasn't..I didn't use HeyDay then so I wasn't recording things at that detail.

Are you reviewing it on a day to day basis - you said you've got to check it's alright anyway. Is there a sense of you get in, and it's like 'what did I do today?'.

What I'm finding, in parenthood, and even just like general life as things get faster and faster that we're not [born in?] to reflect very much and this is kind of like a promise, almost a forced habit of having to stop and reflect a little bit about where i was and what I was doing. And even today, I've had a really busy day today, and if I didn't actually stop to write some of it down, there's no other way to remember it, and I find HeyDay really useful for that.

Could you just say a little bit more, you said someone might ask you something about your daughter if something happens, are there other sort of social occasions where you find it's quite interesting or quite useful?

Yeh definitely - even things like, it might seem a bit arbitrary, but things like hairstyles, or erm when someone was visiting, like a relative might be around, or we're doing a lot of home renovations as well, and trying to remember the overlapping things that happen in your life. We were renovating the house and having a relative visiting at the same time it happened. And being able to scroll back through your timeline and look for things like that, that's really useful.

Would you say it's something that's quite personal? I mean even with your close family, would you say it's something your happy for them to look at is it something that you...

Really good question.. HeyDay has this really interesting feature where you can publish today's activity as an html page and then share that to Facebook or whatever. DayOne has a similar picture where you can render it as an html page and share that uniquely. I don't. I don't know if anybody in my family is that interested in my personal day to day activities. I know my daughter has a whole fan club of relatives, so that's why I use another application for her. So 23 snaps

has been really successful in that way. And funnily enough that has been a bit of a journalling application as well because it stores like timelines for her of things that she's been doing. Milestones that she has and photos she has. So I use that as well as a sort of journaling method as well to see her progress. And that's very separate and distinct I think from my personal HeyDay stuff. Because HeyDay to me covers everything that's happening in our family, where as 23 snaps is just about my daughter, so it's a different audience.

Are you the only one that journals? Or does your partner journal as well?

No, my husband doesn't journal at all, though he does contribute occasionally to the 23 snaps.

I guess my question as well is how interested is he in what you're journaling and how much is he a part of it?

(mumble talk with husband) - but not really at all.

It's a really good question actually and we might touch on this a bit later about 'why you journal and why you build these kind of things'. I don't really build it for my family, I'm building it for my daughter, and for her to learn a little bit about the stuff that I'm forgetting on a daily basis, I'm forgetting the milestones and what we were doing as a family. So it's a way that I can help remember for her when she asks those crazy questions. And hopefully, if she's vaguely interested she can look at them herself.

And just coming back to DayOne as well - would you say that's a more personal kind of private journaling?

Yeh, those entries in day ones, they're definitely journaling entries and they're things I would never anticipate publishing or sharing. They're definitely kind of confidential things, or just reflective things as well. Like I said to you before - I rarely record, today I did this and today I went there. It will be more of a 'hmm, someone mentioned something me today that made me think about this' or reflect on something from childhood, or reflect on some sort of interaction.

We'll talk more about motivation, but it seems like there's a lot of ad hoc - someone asks you something, or something comes up and that causes you to look back. Would you say there's many occasions where you more deliberately sit down and say 'I'm feeling more nostalgic and want to look back'. DO you do that as well and does the app help you with that?

Yep definitely, especially like if someone I haven't seen for a while, maybe someone I wen travelling with, or someone I used to work with, or even my daughter, looking back on her birth or that kind of thing, I'll sit down from time to time and dig through something and kind of reminisce a little bit about it, and that's what I was saying to you before the ones where I definitely was using HeyDay are so much richer because I had the context and like 'aw that's right, and this little thing happened, and I'd forgotten about that' and there wasn't a photo to remind me of that so there's a little snippet of text here, that triggers another memory for me. Whereas the ones where it's just photos or the ones

where it's you know too far in the past, I don't have kind of the same experience. But yeh definitely would pause and go back on a particular period.

Really interesting in terms of the richness you feel HeyDay has - could you say a bit more about how that feels, and how that works in your head as well. Maybe you can give an example of something like that?

I've always taken a lot of photos, certainly since digital cameras out, and like to reflect on them, but I found over time, I don't know if you had similar experiences. But I found that over time photos suddenly sometimes take on different contexts and different meaning. Even when looking at the photos, you remember the photo you don't actually sometimes remember the experience, because what you're seeing is the posed shot, or the one thing. Whereas I've found using HeyDay and wiring text, having to commit more triggers and more memories down actually gives me more of a rich experience. And I definitely feel more connected to things and remember more things because of it. And I don't think I would sit here and look back through photos as I know sit back and look through HeyDay entries. A

And with that as well, do you find that your general memory is getting better because you're recording more as well?

Absolutely I'm much more reflective of things, and I've actually had several relatives comment that they're impressed at how well I'm recording my daughter's story particularly. And it is because we're not letting... without putting too much effort in it - and it really isn't too much effort in we're doing a conscientious job of recording these little milestones for her. And that I think is invaluable. Because it is impossible to try and invest too much time in the memory keeping some times when just life keeps moving so fast.

And how much when do you look back it - how much do you change anything, have you ever sort of deleted anything or have you ever edited it in any particular way retrospectively?

Like I said to you, the only time I've ever done that is I've gone 'right, this application isn't working for me'. Like DayOne, I had a lot of stuff in there, I would actually proactively.. I had for example in DayOne I had a photo - we were travelling in Fiji, I'd have a really pretty picture of Fiji and then I would have written a story about what we did for that day and in HeyDay I might have had just a few snippets of information. I've gone through DayOne, and just stripped out that larger body of text of what we did for that whole day. And moved it across to HeyDay, so there was more of a daily activity journal, and stripped that out of DayOne, because I didn't want to use it in that way anymore. But I've never actually gone through and deleted anything in term of actually culling anything or whatever.

Motivations - maybe you could just say how did you start keeping a journal, what was the initial motivation for doing it?

It's very personal I suppose. My mother passed away when I was 9 months old.

And she didn't leave any letters or any journals or any way of understanding a little more about who she was or what she was like. And I'm now the same age she was when she passed away this year. So I.. I want to make sure that... anyone that's interested, be that my daughter, or my husband, or (laughter) anybody else, there's a way for me to record where we were, what we were doing, what we were thinking, who we are. In a way that's accessible. I think now through digital media because you can tie a bunch of things together, you have a bit more context. It's not like some random photo album sitting on a shelf that you need someone to sit next to you and explain the photos and the experience. And it's not like a social media thing where it's very short and snappy and context driven. For me, smart-journaling in somewhere in the middle.. so it's quite personal that way.

And have you kept any written diaries before, or is this something that you very much came to as you grew up?

I kept written diaries before you know - 'my boyfriend broke my heart' and blah blah. I had come to journaling on and off, and again they were always a mix between 'this is what I did this day, and this is how I'm feeling about something'. So I was definitely like the DayOne and the HeyDay mashed together. And it's only really been in this last 12 months or so since HeyDay's become's so powerful, that splitting the two apart, it feels really comfortable to do that now. It makes sense to me now.

And those older diaries - are they still something that you have or have they been chucked out?

I still have them... I do actually have the intention to digitise them one day. So I will actually try to understand them, and physically save them, but also just OCR them to get the text over into DayOne. But I'll get there.

And are they something - have you looked back at them at all?

I do... maybe it's context, but a lot of them are... I think a lot of the DayOne stuff I don't always naturally reflect on or look back on, it's almost a cathartic writing something out or thinking something through. And it's usually a bit of an emotional conundrum and a relationship issue or something, and just in the process of writing something will come up. So my old diaries - yeh I looked through them nostalgically and go 'gosh, was that really me' but yeh - I don't often read through them. And I would probably burn them so my daughter never gets to read them!

And did you know anyone else that kept diaries? Was there anyone else that gave you an idea of... what you wanted to record? Or was this very much of your own volition or knowledge?

No... no one in my family has ever kept diaries. But I actually was given a 'how to journal book' kind of had like prompting paragraphs, thought leaders... I was given that in high school so that kind of got me started. It would just be the things like 'reflect on x and reflect on y'. I still have a few of them now that have journaling prompts, so that they'll ask something like, list you know 'did you have a child

hood hero? If you did.. tell me a bit about it?' So it would try to just prompt you to think and reflect on something, and I found them really interesting and really useful.

As broadly as possible, what do you feel you get out of journaling? What for you is the best thing about it?

It's definitely my [focus? thought?] to take a snapshot in time of where I am now, but also to really, REALLY easily look back in time and remember where I was a week ago, or a month ago, or a year ago and see how much has changed. That's really important to me. To feel mindful of where I am and where I've been.

What's the feeling of like - when you look back and see something that's maybe different, or something that you've forgotten, how does that feel to you?

It feels like I'm spending my life well. Like I... not too morbidly, but if I kicked the bucket and I died young like my mother, horrible thing to say I know, I would feel like I've spent my life well, and I've been mindful of that and recording that, I see every day I'm grateful for the things I have, and I'm grateful for the things I had, and where I've progressed

How sort of future oriented do you feel with it? Is this something you think you're going to keep doing for the rest of your life or a larger period of time? And when you're journalling, are you thinking about how you're going to look back upon things like that?

That's interesting... because I know a lot of people that blog, and I don't. I made a choice a long time ago that I was going to keep a personal kind of record keeping diary rather than a kind of blog and publish stuff. I definitely made the personal choice. I never actually.. I never think to myself, 'ooh this will make a really good HeyDay entry' or anything like that. It just never occurs to me. But I know I'll still be doing it. Like I said the only time... I think I should probably clean up these 40 photos of my daughter smiling, and make 1 photo of my daughter smiling the best photo that can be, before I start HeyDay in just so I don't have junk in there. That's about the only time I kind of plan for it. As long as they don't do something in the HeyDay app that completely and utterly ruins it - and they did actually do a couple of wacky changes about 6 months ago that they backed out again thank goodness - as long as the app stays as a high quality and it does actually continue to grow and they introduce new features to it, definitely keep visiting it.

You're obviously quite motivated to keep doing this and keep on top of it - what sort of keeps you motivated? Or are there moments it's hard to record?

Yeh that's a good question, I have moments... I don't think I'd be doing it if HeyDay didn't record passively in the background? Because it doesn't take much effort on a daily basis or a weekly basis. I was just thinking about it when I was getting on Skype tonight, I haven't actually updated HeyDay for about a fortnight

now - I've been sick as you know! - I've been sick so I've definitely not had any time to just sit there and reflect, so recording in the background doesn't take much effort now [when?] you go back and clean it up.

You talked about the importance of being mindful and being aware of how your life has changed. What are the things that for you are important to be recorded, what are the kinds of memories you want to have, and what are the sorts of things you want to get down?

That's a really good question..., erm... for me it's actually the little things that may not actually make their way into the history books. It's kind of like the 'somebody dropped by for half an hour and had a cup of coffee'. The things that maybe you didn't take a photo of that you might just want to record. Just little memories of things that happened, yeh it's sort of hard to put my finger on sometimes what it is I'm trying to record. They're not like epic major events, it doesn't have to be a massive 40th birthday party or like a car accident or a... whatever it is. It can sometimes just be 'I made a really nice cake' or someone bought me a small gift, or someone did something really kind for me. And I just want to record those little magical moments in between. Just nice stuff.

Again you talk about mindfulness, I get this sense that it's part of you being a better person, if that's a fair thing to say? Yes. I mean how much pleasure does it give you? How much does it make you laugh? Besides it sort of being something that's very good to do, what sort of emotion do you get out of it?

Yeh definitely.. I find particularly if I've had a rough day.. especially with my daughter, if it's been a particularly trying day, being able to look back at the funny stuff and the happy stuff, that's wonderful. And it definitely has lifted my mood being able to reflect on better times when I'm feeling down or feeling frustrated by something. And by focusing on the connections that I have, like relationships I have, is definitely... brought a little sunshine into a bad day.

In terms of the things you try to record - how does the structure of HeyDay help that? Are there things you feel you wish you were recording more that are maybe missing? How much does that match the things you want to be recording?

I wish that it had more facility to record private thoughts, and publish public thoughts. So like I was saying I use 23 snaps to publish all of the content about my daughter and there's a definite duplicate between 23 snaps and HeyDay. So I'll take a photo of my daughter, I'll publish that on 23 snaps and put like a cute caption about what she was doing or whatever. And then I'll literally copy and paste that caption to my HeyDay feed and write a few more thoughts about how it happened or you know 'behind-the-scenes' or whatever it was. I think if HeyDay had more of an ability to sort the type of posts you have, maybe grab interactions you've had? Like on 23 snaps people comment so I've got relatives adding comments or asking questions... (cough). Like momento did... aggregate some of that social feeds stuff in there, so I didn't feel like I have to go to 23

snaps and publish something and then record the exact same thing in my journal.

Next bit - have a quick flick through and pick out a couple interesting examples - give me a flavour - something that stands out to you or something like that? Just examples of the sorts of things that you like to do.

(long pause)

There you go, I can't help but smile, just reflecting.

So like some days.. here's a really good example where I got.. I don't know if you can see this...

So lots of kids yeh. So this is a really good example of I've got a photo of in the morning I had the desk here set up with some paints, I was doing some painting and I had some flowers that I was using as inspiration, And then a little bit later down that day I have a bunch of photos with kids and mums in my mums groups. We're sitting around and we're playing with the kids. And I actually don't have text that day, I've actually just gone through and added and cleaned the photos up and made a nice montage. And I like that, because it doesn't really need any explanation you know. Had some stuff, and then I went to my mothers group, and there's nothing really notable I needed to record that day. But reflecting, I can look at that and go 'oh, that's really interesting, the kids are so much smaller then' and 'oh my gosh, that's that outfit, I haven't seen that in a while'. And those sort of things. And anyway, just one of the mums in the mum's group - she's now gone back to work, so I haven't seen her for a while. I haven't actually been in touch with her for a while, so I should probably drop her a message,

What else have I got? Yeh - so we went on a trip, in April - again I would probably not have remembered that date off the top of my head. So it just being able to see the entries that I've got and where we were and a photo that reminds me... because we were driving actually, it's taken a lot of records of locations, so I've been able to actually record a few snapshots of while we were traveling but also written a few notes of why we stopped there or what was that was interesting there. That's really cool.

And could you say again how much writing you have within HeyDay? Are there entries where you've written a bit more as well?

Like I say, it's either ones where I've either cooed it back from DayOn, so I would have written several paragraphs. But just looking through these now, I think 2 or 3 sentences, maybe 4 or 5 sentences, particularly if it was like the whole day at a place. Might have a bit of a montage, and then it's got some text on the top, describing all of those photos. But it's definitely not a journal, a text journal.

And when you're writing that text - is that just really to try and make you, to prompt you to remember as much as possible?

Yeh absolutely. So, a really good explanation would be, I have one photo of something, and it's like 'this is why that person is dancing' it might be an

explanation of what that key photo was actually about.

Is there anything you feel like you have looked back on really frequently? Just one you keep coming back to?

Erm... probably not one specifically. There might be photos that I come back to. But I actually keep my photos, my very very favourite photos and my very favourite videos tagged in my camera roll, and in my actual photos app. So if I'm absolutely desperate for some fodder, and some reflection I'll go there.

But you know, even now I can see this, I've scrolled back as far as March, when my daughter was only 2 months old, and scrolling back even further to when my daughter was pregnant. It's like oh my gosh that was only just a few months ago, that's amazing. And because you kind of just see the stream as you're kind of going, you kind of sort of see it rolling by. Trying to get a bit of a preview - it's really nice.

Even just looking back there - what are the ones that are most meaningful to you? Which ones have the most impact with you now? What are the things that really stand out to you?

I think yeh.. just looking it through there, it's the things I've really forgotten about. So like you were saying, if you've got any favourite photos or favourite entries you look at them all the time. You look at them so often, you share them probably, you might even have them printed, it might be a photo that's on the wall. And they're the obvious ones, it's the little side memories 'oh that's right we actually forgot we went to.. Matt's [???], when dad was on leave. 'oh thats right, I had forgotten about that'. It's the remembering of things... the less snazzy things I suppose, the less exciting things?

It seems one thing a lot of apps can do is just give you a much greater level of detail - like you said specific dates and things - you might know we did that in April, but you wouldn't know it was April the 13th. Exactly, yup. Why is that important? Why is that level of detail, why does it matter to know in that sort of detail?

Yeh it's a good question.. Yeh I don't know if it's just because of technology lately, but my memory of details is quite poor... and we can now rely on apps and things and calendars to reflect back. But we actually recently did a photo wall in my house. So we actually just printed out 4x4 photos and just did a massive wall of since we first met and kind of did photos of every... you know a couple of photo every month. And it was fascinating to actually see 'oh my gosh that was actually a year after that photo, I thought they were closer together, and that makes sense'. You know if someone was visiting then. I think that apps can help you remember those specific dates as a way of not actually having to look up your tax invoices... you know like some other way of remembering things get done. Like I saying, we're having some renovations done at the moment, and I was trying to remember when we last had something done. I can probably just scroll back through my HeyDay and search for renovations or something like that

and that would tell me. That's useful.

You mentioned the photographs there - and said there's not much text, just the photographs and that's fine. Where it's a bit more ambiguous - is there any sort of value in it not being completely precise? Is there a value in that ambiguity or do you just want to remember as much as possible.

No it's definitely not a... like I said to you I sometimes sort had days where it's just a few nice photos. I didn't need to write 'I ate this, and that person wore that, and I drove here to...' I don't need that detail. It's not about being able to recall... I actually did a lot of reflection after I had been using HeyDay for about 6 months and going - what do I want to record and what do I not want to record? I didn't want to record stuff I don't care about. I don't care what I ate for lunch if it wasn't epic or interesting. So I definitely... And that's actually one of the features about DayOne, that I started to use and then I was like, I really don't care. I was recording things like the weather on that day, and activities like locations where I was when I was recording the journal, DayOne does as well. And I found - I don't care, I don't care if it was a sunny day when I wrote that entry and I don't care if I was walking when... whatever.

So it's trying to record as much as possible, but within what you care about?

Yeh, absolutely. Definitely, recording... maybe not as much as possible, recording the highlights, and not missing the highlights.

And do you think you're doing that quite successfully?

Yeh definitely... If nothing else it's actually made me proactive about taking a photo. And a location.. and that's led me to be a better photographer as well, and like I said I now have less junk in my camera roll because I've been trying to take better photos of things.

And again coming back to DayOne - you said that's not necessarily even related to a particular day. But I mean in terms of how you might look back at your past - how important is the writing to you in contrast to the context and detail that's in HeyDay.

That's a good question, I would write things in DayOne that might capture in time how I was feeling about something. So a really good example was the day I gave birth to my daughter. I recorded the experience of going to hospital and what happened. And you know the warts and all sort of version of it. Because for better or worse, and I think better, I have blocked it all out now. I can't remember a thing about it. But I know one day, my daughter's probably gonna ask me about it - tell me the story. And I'm gonna wanna go and have a look at just 'you were born at this time and these are some photos'. I want to know how I felt about it. And that deep emotion, those reflections, that's something that's in DayOne.

I'm interested as well, do you use any other sort of self-tracking things like Fitbits or other wearable devices.

Erm.. I did, I actually used to have a Fitbit for quite a while, I've had two Fitbits. I know have an Apple Watch, which I wouldn't call a recordable, I would call a personal device. I loved having my Fitbit, it was very useful for recording steps and being generally aware. And in actual fact I'd still say that feature of the Apple Watch of movement and stuff like that is still very very useful, but I found that when you stopped reflecting on goals, and stopped setting goals for yourself, it's just became data for data's sake. And that was actually one of the reasons I stopped using the Fitbit because you couldn't set your own goals that would give you feedback on your wrist. And that was really frustrating. You couldn't say - say I want to burn this many calories so help me do it. I think other wearable like JawBone Up and a couple of others that help you set goals and help prompt you and remind you, that's sort of a feature. And now with the AppleWatch, because it does do that, I actually get a reminder if I've been sitting down for an hour. I'm actually surprised I haven't got one yet. It will say stand up, that's very useful.

Have you ever sort of looked back at that data? And seen how active have I been in the last few months or last year? And what's that like in comparison to looking back at HeyDay or something that's written in DayOne?

Yeh, it's really interesting, now that I'm at home for example, I'm on Maternity leave at the moment, my commuting is different, my daily activity is different. And that's been interesting to reflect on how much activity I was doing when I was at work vs how much activity I'm doing now that I'm at home. I wouldn't look granularly at this day 12 months ago I did this many steps. It would be more like - this is the general habit that I would have? To me, HeyDay has a richness to it and an emotional element to it, whereas sort of the Fitbit tracking stuff is more data and habits and that kind of thing.

Have you any interest in seeing those two combined? Would you be interested know on a day in HeyDay how far you had walked as well? Or to know... or to map those bigger trends to things in HeyDay? Are those two related?

It's a good question... I have thought a lot about... I said to you before, if I could write an app that did my journaling for me. yeh absolutely I would probably start pulling more stuff together, and I have seen a few apps that do more kind of data aggregation and every little element and what you ate and how much you exercised and who you saw and what music you were listening to and all of that kind of stuff, is pulled all of that together. I'm probably not that interested in myself that way.... like ebbs and flows of time.. yep.

And again thinking about social media, Facebook has the timeline as well, and various sort of memory features. And you know Twitter is something you can scroll through quite quickly. Have you ever looked back very much on Facebook and how does that compare to HeyDay things as well?

I personally find that Facebook is very curated, that I will only put things on Facebook that... I don't publish a lot about my daughter on there, because I have

work colleagues on there, I have high school friends on that don't know a lot about my personal life now. So I find that Facebook is very curated and very specific. So I have often gone through Facebook and wiped stuff - like just cleared my timeline and started again and removed everything. I would not rely on Facebook as a personal timeline. Because I don't feel like I have enough control over it I suppose.

So when you look back on Facebook then I guess there is not so much there for you? Or is there still things that are like 'oh right...?'

It's more people's comments it'll be reflecting on someone's comment on something, which is lovely, but again... it's more like a snapshot in time is less about the content that I post and more about the interaction.

Is there anything else you feel you record in your life besides HeyDay and DayOne you feel is important to you and interesting to look back on?

No... apart from the obvious things, expenses, things like that. Those sorts of things... there are a lot of apps that can do that as well. It's interesting you asked me before about what else you would aggregate. Well if I could write my own app, I would probably aggregate a few other things, if I was to take a snapshot of maybe movies I was watching at the same time, or TV shows that I'm currently hooked on or something like that. Those sort of things would be interesting. There's not really anything else I'd really want to track about life...

And again what's your sort of plan for the future with it? You've got the separation between DayOne and HeyDay - do you feel like that's quite complete or there's something else you want to be doing as well?

There's one more thing I probably would like to do, and that's why I'm trying to be as conscientious with HeyDay as I can. I would like to take a physical copy out of the electronic walls and try to make an album, that's probably just a week at a time, so just two or three perfect, great photos from that week, and use HeyDay just to help remind me to write maybe a description of the activities or the highlights of that week. Probably more just to have something for Jen as she gets older to reflect on. Because you asked me an interesting question and I'm trying to work through myself - I don't know how to get some of this stuff out, without actually getting my daughter on my phone, looking at my phone to flip through my entries. I don't actually know how to share it in a way that she can consume it... And like I was saying before, it's not that he's not interested, how would you actually share some of this content, that's definitely something I'm trying to work out as well.

Obviously as your daughter grows up, things will change, but do you have reservations at her just looking at it through your phone. Do you want to pick out certain things for her - as opposed to her being able to look throughout the whole thing?

No... and that's again a reflection of how I've tried to build them and why I separated them out. Because I found the way I was using DayOne before it was

all mixed up. And there were personal things in there... it's not that I wouldn't want to share them, it's things that they might be age sensitive, or context sensitive. So whereas my HeyDay feed, it's more sanitised, this is where we were, this is what we're doing, this is really cute. I would rarely say something in there that I would not want someone to read. Having said that it doesn't mean I necessarily want to publish.. because frankly it's recording every single location we're at for a day, and every single photo you took of those locations. So there could be context sensitive stuff in there as well.

You talked about it being physical, and helpful for sharing. Is there any other value in it being physical for you... or are you very comfortable with it being electronic?

I've reflected a lot on that as well, I think I'm comfortable with it being electronic, especially now, again it comes down to the app's integrity. Again HeyDay has its own standalone timeline, it's doing its own back up and it's taking itself seriously. But there is a very small part of me that... I mean we've had apps around long enough now that they're coming and going. So I've seen... I've used apps that have died, so I've had to export things and rebuild timelines. Fortunately HeyDay should survive, but there is a small reservation and that's why I'd like to take at least a high-level, really really high-level physical copy of the snapshots.

Asked all I want to ask - any questions or anything to add?

Me chatting about the study/research/ and WhatsApp history with girlfriend

Yeh I've reflected a lot on things like whatsapp, and email history, like email conversations and that kind of thing. Especially now we have a digital existence, like my mum for example, or my grandmother - my grandmother passed away a year or two ago, and she had a journal, and they reminded me a lot of HeyDay where it's like today I did this and she'd just write every single day for most of her life, in her paper diary about major events for the day, and sometimes it was just the weather, and sometimes it was a few more things. And when she passed away, she asked that they get destroyed. She didn't actually want them to be read or passed on to anyone. And I thought a lot about that actually. I wrote a big entry about that in DayOne, of why she did that and what was the point of it for her and did she reflect on them, and were they not a legacy for someone else?

Describing very idiosyncratic uses of diaries - those who want to leave legacy and some who don't.

You touched on before, the whole thing you leave behind. I mentioned my grandmother, her diaries got burnt because she didn't want them to be passed on. And if I had to try and dig out, unless she had like a bundle of letters with string tied around them, I don't actually have any evidence of her interactions or her footprints. Whereas for us, we have email accounts, we have whatsapp accounts, we have Evernote accounts, we have all these digital existences, and

what happens to them when I'm not around?

Making a point about obligation for people to now make own records, to counter the other ones.

I reflected back on Facebook when it first launched.. and that's what caused me to actually delete so much of my stuff from it because it didn't mean anything and it was just like these random comments and almost chat type stuff.... and... slightly off topic, I was engaged previously to this relationship, and all of that history was on my Facebook timeline and it's like 'I don't want that there any more!' and I just want to get rid of it. And it's fascinating, it's like you kind of wipe a whole section of your life clear from the blogosphere or the internet. And it;s like hmm.. I wonder if my emails... if anyone jumps on and reads your email account, it's quite fascinating what people find there. It's almost like you want a destruct button when you pass away so that it's like all these things get destroyed so they don't get read out of context.

Challenge in separating things out.

Yeh.. I actually had a friend from uni pass away and he had a Facebook account that he had maybe been using for two years or so, and his parents actually made the choice to keep the page active and post on his behalf and that kind of thing.

Research on Facebook legacy....