1130 days
Quantified Self Institute
Quantified Self – Gary Wolf
A cup of coffee with Joan Janssen and Martijn Aslander
1130 days Quantified Self Institute – Martijn de Groot
Big data, big steps – Hugo Velthuijsen

The project programme in practice

QSI@ Higher Education
Self research as research skill – Annemieke Meijer
Quantified Self in the international classroom – Henk Willemsen
QSI@ Allied Health Care and Nursing
Activity trackers offer patients insight – Thea Kooiman
QSI@ Public Health
My Mobile Santé – Frederic Faurennes
Wearable Technology for Active Living (WTAL) – Henk Hindriks
Quantified Kids – Annemiek Hensens and Dirk Vissia
QSI @ Fit4Sustainable Employability
Small intervention, significant results – Hilbrand Oldenhuis
Using a tracker is fun – Mriam van Ittersum

Results and acknowledgements

QSI in numbers
Acknowledgements
Colophon
QSI 3 years

Han de Ruiter

Director of the Centre of Expertise Healthy Ageing
Hanze UAS

12,725:

that is the average number of steps a day I have taken during the last 12 months (21 October 2014 – 21 October). I realise I am glad to know this. Up till three years ago the thought wouldn’t even have entered my mind. Talking to Martijn de Groot in those days I realised that we are on the verge of a new phase regarding the awareness of your health, your body and your daily activities.

We can register everything: number of steps, the number of stairs we have taken, what we ate and how many KJ we consumed, weight, blood pressure, running … I can go on and on. I have tried to continue to chart all this. Didn’t succeed, unfortunately. I still register my steps per day, my running activities and my weight. Other than that, I have stopped keeping track of all the possibilities. For now, that is. If I ever find out something ails me and it is important to keep track of my blood pressure values, I will certainly do so.

Being in charge: this is what is becoming more and more important to us as regards our health. That’s why we need a Quantified Self Institute, to keep up with what is possible, to gain experience, to make choices, to stay healthy all your life. That is one of the reasons to pursue the road we have taken.

‘End of a project, start of a quantifiable future’
- Han de Ruiter

Han de Ruiter, director
Centre of Expertise Healthy Ageing, Hanze UAS
Quantified self

Gary Wolf

Co-founder of Quantified Self & director of QS labs

‘The most personal is also the most universal.’ With these words Gary Wolf opened the Quantified Self Conference 2015 in San Francisco. He is co-founder of Quantified Self (QS) and director of QS labs, an organisation coaching a globally growing community in its search for self-knowledge by self tracking.

Quantified Self Labs is a California-based company founded by Gary Wolf and Kevin Kelly that serves the Quantified Self user community worldwide by producing international meetings, conferences and expositions, community forums, web content and services, and a guide to self-tracking tools. In 2010, Wolf spoke about the movement at TED, and in May 2011, the first international conference was held in Mountain View, California. Now, there are conferences in North America and Europe. Today (2016) the global community has almost 70,000 members around the world and is still growing.

Gary Wolf during Quantified Self Conference 2015
photo: Andreas Schreiber

'It’s a great privilege to be able to collaborate with the students, teachers, and researchers at the Quantified Self Institute. In the Quantified Self, our mission is to support new discoveries about ourselves and our communities that are grounded in accurate observation and enlivened by a spirit of friendship. In Groningen, we find collaborators who share our mindset. How lucky we are to be able to reason together and advance our technique at the early stage of a new field. I see the QSI growing into a very important node in an international network, one focused on the research, scientific, and clinical developments that are made possible both by our new tools of self-observation and by the culture of first person research we are exploring together. I look forward to being back in Groningen many times as our projects grow.'

-- Gary Wolf, co-founder quantified self, director QS labs, LCC, San Francisco, CA (USA)
**A cup of coffee**

**Joan Janssens**  
Dean of School of Sport Studies  
Hanze UAS

**Martijn Aslander**  
Life hacker & connector

Mid September 2011 Joan Janssens, dean of the Institute of Sport Studies, and Martijn Aslander, life hacker and connector, were having coffee together. They talked about the fitbit, a digital pedometer with an app you can use to register and share with others how much food, glasses of water and cups of coffee you consume a day. In short: about the rapidly growing movement of makers and users of self tracking technology united as a community named Quantified Self.

They had a second cup of coffee and perhaps even a third. What’s for sure is that there and then the idea for the later Quantified Self Institute (QSI) at Hanze UAS was born. In November that year Martijn Aslander was one of the organisers of the first European Quantified Self (QS) conference in Amsterdam. Joan Janssens and Martijn de Groot were there, as well as a significant number of other colleagues from Hanze UAS. Fully inspired they went home and talked a lot about the many applications of QS for Healthy Ageing.

In the end a number of enthusiasts, passionately supported by Jan Willem Wolf, came up with the plan for QSI. The aim of the foundation of QSI was to bridge the QS community and higher education. QSI was set up as a multidisciplinary network organisation, gathering knowledge about personalised health, generating new knowledge about self tracking through applied scientific research and translating all this to education and entrepreneurship.

**Dies Natalis**

Nearly a year later Gary Wolf gave his support to the creation of a QS Institute. The same month, on 28 September 2012, the Quantified Self Institute was officially founded. Ever since, lecturers, researchers and students of various schools and research groups have been working on a great many projects concerning self tracking and health. Their mission: ‘to improve a healthy lifestyle by combining technology, science and fun’. A great initiative and worldwide scoop for Hanze UAS. That is what a cup of coffee can lead to.

‘Not until years from now will they realise the importance of the bold move to establish a Quantified Self Institute in Groningen’

- Jan Willem Wolff

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**Gary Wolf**

Co-founder of Quantified Self & director of QS labs

**Dean of School of Sport Studies Hanze UAS**

**Life hacker & connector**
Three years Quantified Self Institute

Martijn de Groot

He was there from the start and is an enthusiastic promoter of the concept of QS. Everywhere he goes, he looks for opportunities to research self tracking or ways to implement QS into higher education. Martijn de Groot looks back on three years QSI in Groningen.

How can numbers help to find answers to health issues? That is what it is all about, according to Martijn de Groot. ‘The power of QS is that it is personal: how do you find personal meaning from personal data? Three questions are leading for the narratives in the QS community: what did you do, how did you do it and what did you learn? The great thing is that everyone is able to ask themselves these questions and nobody is excluded. Whether you are a top athlete or student, a vigorous thirty-year-old or a patient. This search is open to us all.’

Know yourself
What makes QS so appealing is the fact that it matches the old piece of wisdom ‘know yourself’, de Groot continues. ‘Keeping track of what you do increases your self-awareness and can help you to become more in charge of yourself. Self-awareness is the first step towards self-regulation. And also self-control. And this offers a perspective to a better and healthier life.’ He points out that the best predictors of health and (healthy) aging are at a functional level. ‘Thanks to new technology we have access to these variables, which says something about our daily life and health. This fits the paradigm shift which health care needs so much. More attention for prevention and self management, more emphasis on health instead of illness. Not only because of political-economic reasons, but also because it can take us back to the source; who you are, what you do and what you want to learn about yourself.’

Critical questions
All this also raises critical questions. How about privacy; to what extent are you responsible for your own health and is all that self-knowledge really helpful or does it only stress you out? De Groot: ‘That is exactly why it is so important to pay attention to this subject in higher education. The technology is developing rapidly and it is up to our lecturers, students and researchers to get into gear to keep up with this evolving knowledge as well as being able to form their own opinion. The latter is also self-knowledge.’

Big five for Healthy Life
These principles are obvious from the activities of QSI the last three years. QSI focused on five domains: the ‘Big five for Healthy Life’: physical activity, food, sleep, stress and social interaction. De Groot: ‘Those are five themes we expect to contrib-
Our daily life and health. This fits the paradigm shift to these variables, which says something about the factors of health and (healthy) aging are at a functional level, aiming for a healthier life. He points out that the best predictor of self-control is the first step towards self-regulation. And this offers a perspective to a better understanding of ourselves.

Martijn de Groot continues. 'Keeping track of what you do and what you want is personal activity, food, sleep, stress and social interaction. De Groot: ‘Those are five themes we expect to contribute to healthy ageing. In collaboration with regional, national and international partners we have set up various projects in relation to these themes. Research into the reliability of activity trackers and education of students who were given a sensor to chart their own sleeping behaviour for instance. Apart from paying attention to technology and methodology in education, we also spent time discussing the social consequences and ethical/legal aspects of self experimentation and self generated health data.’

Matrix of five themes and four questions
The programme focused on four leading research questions. De Groot: ‘We wanted to know what kind of hardware and software is available for self tracking. We also studied what technology is necessary for self tracking and how valid and reliable this technology turns out to be. Finally, we also looked at how effective the use of self tracking is for users.’ These questions and the five themes resulted in a matrix that indicated the direction of the project programme. ‘The emphasis was on physical activity, since several professorships within Hanze UAS are already working on this subject. This way we were able to link our activities to what was already going on.’

Network organisation
He is enthusiastic about the way he was able to link to various sections within Hanze UAS. ‘This is how we were able to create a fantastic network organisation around the theme ‘the self-tracking human’. Various disciplines contacted QSI and we set up projects in the fields of health, sports, technology, psychology, law, ethics, IT and art. ‘I am also very happy about the 22 ambassadors who declared their support to QSI in our third year. These ambassadors are from twelve different schools and they actively spread the word about QSI’s activities within Hanze UAS. ‘Making horizontal connections in an organisation that is structured vertically is very inspiring.’ He looks back on three turbulent years, during which QSI generated an impressive output and visibility.

‘It has been remarkable to see how many people have been inspired by the notion of ‘the self-tracking man’ these last three years.’
- Martijn de Groot
Big data, big steps
Hugo Velthuijsen

Big data and Quantified Self are often associated with each other. And that is no wonder: people who use technology for self tracking contribute significantly to the enormous mountain of big data that is being generated. How do you deal with these data and what do they teach you? Questions which keep Hugo Velthuijsen, professor New Business & ICT on the go.

The idea that a pedometer only measures steps is quite beside the truth, it turns out during a conversation with Hugo Velthuijsen. ‘A fitbit has a sensor that measures the pattern of acceleration. Then the fitbit converts these raw data into a step. Sensors produce raw data themselves and convert them into information that is useful to you as a user. So you know that today you have walked further than you did yesterday. Knowing this you can adapt your own behaviour. For instance, you can decide to walk even further tomorrow.’

Analysing
Often the data stream is too extensive to be analysed by humans. ‘A new trend is the development of computers that are able to analyse data themselves. Computers are better equipped to process and convert all these raw data into useful information. This is what we are looking at. The point is that you don’t know what you will find. We will discover what is interesting to analyse.’ He adds that it is quite a challenge to procure the raw data generated by trackers. ‘Manufacturers provide only a small part of the data to the users. The rest they sell.’

Security
An important aspect of gathering and saving big data is security. ‘Especially in health care you want data to be secure. You only want the right people to have access to the data.’

Future
Research into how you can use personal data to convince people to change their behaviour is the next step. Velthuijsen: ‘That is the domain of persuasive technology. We are going to set up a professorship focussed on personalized digital health. We want to study whether it is possible to influence the behaviour of individuals by digital technology, for instance by making use of games or by developing digital programmes aimed at physical activity.’ Combining data is an important factor: ‘Why does a physical programme work for one person and not for another? By combining data, we can enrich our knowledge.’
Big data and Quantified Self are often associated with each other. And that is no wonder: people who use technology for self tracking contribute significantly to the enormous mountain of big data that is being generated. How do you deal with these data and what you don't know what you will find. We will discover - and convert all these raw data into useful information. This is what we are looking at. The point is that you don't know what you will find. We will discover - and convert all these raw data into useful information. This is what we are looking at. The point is thatyou don't know what you will find. We will discover - and convert all these raw data into useful information. This is what we are looking at. The point is that

During her PhD Annemieke Meijer did a lot of research and she wishes to share her passion with the honours students she teaches in the specialisation Research Skills.

Ever since the establishment of QSI self tracking has been a central subject in the practical assignment of the specialisation Research Skills at the School of Health Care Studies. ‘The students carry out self tracking using the tracking devices of QSI. They choose their own single subject research design (n-of-1 study). For instance, a sleep study: one week a student takes an evening stroll before going to sleep and one week he does not. QSI assists students who chart their sleeping behaviour. When no tracking device is available, QSI helps us to find another solution.’

‘The advantage of this approach is that it brings applied scientific research closer to the student. That is how they experience that doing research is good fun. That is also my objective: to show students the fun of doing research.’

‘We collaborate with QSI who provides expertise in techniques and methods for self quantification. In the meanwhile our self tracking students put theoretical aspects like argumentation, statistics and methodology into practice.’

‘The students are taught more than only this aspect of research skills, they also learn to look at medical data with a critical eye, they learn to think analytically and they remain curious. These are all aspects they will need later in health care.’

Hugo Velthuijsen

‘… The Quantified Self Institute, for example, is an initiative by Hanze University of Applied Sciences in the Netherlands that brings international and regional partners together to conduct research on different methods of self-tracking. This organisation is well positioned to lead the quantified self movement into higher education institutions with recommendations on effective applications.’


‘I like conveying my enthusiasm for applied research to students. Self-examination, Quantified Self, is very suitable for that.’

- Annemieke Meijer

Annemieke Meijer has worked at Hanze UAS as a lecturer since 2012. She obtained a PhD in cancer research at the University Medical Center Groningen.
A combination of Global Health and Quantified Self, linked to education in an international context. That is, in short, what goes on during the English minor Global Health & Quantified Self. An excellent combination, according to lecturer Henk Willemsen: ‘I hear a lot of enthusiastic comments from our foreign partners. This minor is spot on.’

The minor aims at both Dutch as well as international students. Willemsen: ‘We want to create an international classroom, so students, who are not going abroad, still gain some international experience. This is the first run of this minor and we are already receiving applications from abroad for the next edition. It is wonderful to see how students from different backgrounds work together on solutions for global health problems with the help of quantified self.’

Challenging minor
With the help of lecturers from various disciplines a challenging minor was created. Willemsen: ‘We apply all kinds of innovative forms of education. For instance, all students track themselves for several months and learn how to deal with the data. It is our intention to not only encourage them to gain insight into their own lifestyle, but also to discover how to use these applications later for their own patients. ‘The highlights of the minor are part of the three-week summer school for students from the USA.’

Taking healthy behaviour for granted
After his initial doubts Willemsen is now convinced that the combination quantified self and health care is promising for the future. ‘Self tracking empowers patients. They are more confident and take a more active part. Moreover, quantified self plays an important role in self management and prevention. This is in agreement with the vision to take healthy behaviour as a starting point instead of illness or disabilities. Worldwide the Netherlands is one of the forerunners in this respect, although I have to admit that in Scandinavia they are far ahead of us.’

Guts
Willemsen is pleased that QS has been given a firm position in education. ‘Hanze UAS had the guts to develop something new by launching QSI, of which no one knew how it would turn out. You don’t get a massive influx of students all of a sudden when you start with something completely new. The reactions from abroad to the combination of QS and education are positive. We do things that matter and it is okay to show this.’
Data from activity trackers can be disturbing

Thea Kooiman

‘It is quite a challenge to adapt your lifestyle. People need the motivation to do so. Using activity trackers can be helpful,’ says Thea Kooiman. ‘The data of activity trackers provide insight into what patients actually do, for instance achieving the norm of walking ten thousand steps a day. They can set their own goals and determine how they are going to achieve this.’

Getting people to start moving is one of Kooiman’s favourite aspects. Physical activity, awareness and behavioural change have a great many advantages in her opinion. ‘When people are aware of their own behaviour while moving and eating/drinking and observe the effects on their blood pressure, glucose, the fat/muscle balance and so on, they also accept the advantages of a healthier life. They will soon notice that they feel better and in the long run they can even prevent illnesses and complications.’

During the research Kooiman noticed that not every patient wants to join in at once. The start of an intervention can prove to be a hard barrier to cross. She wants to find out why this is the case and how this problem can be solved. ‘It is true that the data of activity trackers can be quite disturbing and it is not always easy to get used to physical activity. It should not cause an additional experience of failure, but instead give patients the confidence that they can improve their behaviour.’

An important aspect of self tracking is the reliability and validity of the activity trackers. That is why Kooiman collaborated with the CBO (The centre of Movement and Research Groningen) in a study of ten popular wearables. In October 2015 their article ‘Reliability and validity of ten consumer activity trackers’ was published in the magazine BMC Sports Science, Medicine and Rehabilitation. The researchers are of the opinion that in general the data project a reliable impression of the physical patterns. That is good news, because most activity trackers are reasonably priced and possibly motivate users to increase their physical activity.
‘IDS Santé had the opportunity to work with QSI in 2013 while organizing My Santé Mobile operation, a long-term real-life study about connected health. My Santé Mobile gathered 1000 French volunteers during six months to measure the actual benefits for individuals of wearable health trackers. Thanks to its experiment in quantified self issues and environment, Quantified Self Institute greatly contributed to our project by throwing new light on the quantitative and qualitative results obtained through the study. We had also the great pleasure to welcome Martijn de Groot to present the QSI’s analysis during our press conference in Paris announcing the first results. We hope that we will now find a new opportunity to work again with QSI in a very near future.’

— Frederic Faurenss, CEO IDS Santé, Paris, France

—I believe the Quantified Self Institute is carrying out important research as an independent research institute. Research is needed to validate the reliability of the many self-tracking devices available, as well as understand the implications of the use of such devices. This is of great importance to understand the role self-tracking can play in future health and well-being.’

— Jakob Eg Larsen, PhD Associate Professor, Technical University of Denmark.
An ambitious QSI project concerns the development of an optimal combination of a wearable sensor system (a wearable) and a data platform for a new target group: children and youngsters. The wearable encourages the target group to become aware of their lifestyle. In addition, the platform makes it easy and safe for parents and/or caretakers to monitor what is going on. This combination makes the product especially suitable for the research objectives.

The WTAL project is a collaboration of QSI with technological companies and the care and knowledge centres in the Northern Netherlands, such as the University Medical Centre Groningen. Hanze UAS is represented by various schools and research groups. Project coordinator WTAL Hindriks emphasizes the importance of this collaboration. ‘In each phase of the project we involve students of different courses and schools, such as Applied Psychology, Communication Systems & ICT, Advanced Sensor Applications, Sports Sciences, Human Technology and others. This multidisciplinary collaboration is necessary to develop wearables for these target groups.’

Technical wish list
In the meantime, the project has assembled a wish list for the technical side of the programme. Hindriks: ‘We are now building our own activity tracker using the specifications of future customers: the UMCG, GGD Drenthe and e-Vitality. In order to arrive at the right specifications, we have used this wishlist to assemble a compact internal specification to which the tracker of WTAL has to conform. This wish list has been refined to a suitable list of design demands for the prototype to be delivered.’ The research itself is also progressing. Hindriks: ‘As a team we have developed a research plan with a clear time line and allocation of tasks. We still have plenty of work to do!’

‘With Wearable Technologies for Active Living, we are developing a unique product. You can track your own movements and the data are used for large scale research. You can think of different target groups that can benefit from this in the future.
It is no longer Quantified Self, we are moving toward Quantified Us.’
- Henk Hindriks, project coordinator WTAL
For their research project students Annemiek Hensens and Dirkje Vissia worked with seven and eight-year-old children in Year Three of the Borgmanschool Groningen. For five weeks 26 children wore a fitbit in the form of a bracelet in order to track their physical activity. The students also wanted to know whether wearing a fitbit would influence their physical behaviour. The enthusiasm of the kids, their parents and teachers was a positive aspect. ‘The kids were extremely enthusiastic.’ During the first days of the project wearing a fitbit was new and interesting for the children and they were moving about more than usual. Later, once they were used to the fitbit, this effect lessened. After five weeks it turned out that the kids were surprised to hear how much physical activity they had shown. ‘They hadn’t expected this,’ the students said afterwards. It was also striking that the children invented all kinds of creative ways to increase how much they walked. For instance, they set up a track and after each round they had to drink a sip of water. On the other hand, children had to be challenged after a period of time to encourage them to remain active. Once they were used to the fitbit, they tended to lose interest.

After completing the research, it turned out that in general most children are sufficiently active. They do not realise the goal of 10,000 steps every day, but there are also days when they do a lot more. Some children lingered around 6,000 to 7,000 steps, but showed spikes on other days of more than 20,000 steps. In particular, the organisation of a sports day positively influences their physical activity pattern. Furthermore, it turns out that children like joining in, but due to their young age, they are not really that much aware of increasing their physical activity. Parents were especially interested in their children’s sleeping pattern.
‘I was curious whether this would really work.’ Hilbrand Oldenhuis was involved in the iAge programme as a researcher of the professorship Labour Participation. This project was focused on the question whether using wearables would influence the sustainable employability of workers at a small company.

‘I interviewed the participants before and after the project and I am impressed with the impact this minor intervention had on these people. Relatively simple sensors yielded significant differences. Not only in physical regard, but also in other domains than health. For instance, people made more contact with others due to their walks during lunch breaks, they cleared out their homes and one person, who had decided when she was going to quit working, felt so good she let go of this idea for now.’

Oldenhuis clearly recognises the added value of a coach who helps setting realistic goals and who stimulates the participants. The knowledge and experience of a coach combined with the trackers gave the workers more insight and opportunities to change. The management also joined in, visible to the other workers, which gave the project quite a boost. They posed the right example but left the workers free to make their own choices. ‘Employers benefit from the good health of their staff, but this also causes tension. The employee considers his health to be private. It is interesting to see how you can motivate them to get to work and to adopt a certain behaviour. It is important to be open and honest about the technology that yields data,’ says Oldenhuis.
‘The personal approach is very valuable. The time and energy that Pim Mulier’s coaches put into the project really reflect on the participants.’ Pim Mulier is an organisation that encourages companies to invest in their workers’ health and physical and mental fitness. Miriam van Ittersum: ‘Pim Mulier asked us to research the effectivity of their corporate wellness program that includes activity trackers and other wearables. We studied whether the self insight the data give participants is an effective addition to coaching and food boxes.’

Although van Ittersum is still analysing all the data, it seems that The New Healthy Working is a great success. App-groups were created to exchange recipes and groups passed on the number of steps to each other, participants went out to take lunch walks together and they parked their cars further way on the parking lot so they had to walk a bit further.

‘The focus on healthy behaviour, not only at work but also at home, really helped people to become healthier’, says van Ittersum. ‘Almost all participants feel they are able to adapt their lifestyle.’

Van Ittersum sees a lot of possibilities in the combination with technology. ‘It is fun to use the tracker and it seems that people are motivated to go on, even when the data are sometimes disappointing. We used apps and wearables to influence lifestyle in this project, but that doesn’t happen very often. A challenge for the future.’

‘The Quantified Self Institute plays a crucial role in linking the knowledge and technology from the consumer domain to the processes and possibilities in research, without the pressure of immediate commercial interest.’

- Maarten den Braber, co-founder of QS Europe (source: Mobile Doctors)
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QSI: vital link between QS community & public health by testing & providing scientific evidence for a QS approach to improve public health

- Manon Dontje (post-doc Glasgow Caledonian University, UK) @ManonDontje

‘Health is personal. QSI makes it concrete, but also tests the limits of technology. An example of #HealthyAgeing innovation’
- Daan Bultje (director HANNN) @daanbultje

‘We can no longer ignore QS and we must prepare students of Sport Studies for the rapidly changing world of innovative and technological changes.’
- Valesca van Dijk (lecturer-researcher Sport Studies) @valescavandijk

‘Innovators who help me out in the world of unprecedented technical possibilities, but also with facts and research in the present.’
- Sander Holterman – Zorg Innovatie Forum (Care Innovation) @san_ders

‘QSI hands you your own data. This will create a greater awareness of the road to improved health #Selfregulation #QSI #QS.’
- Justin Timmer (co-organizer QS Meetup Groningen) @JustinLTimmer

‘QSI researches and gives insight into the key elements of a healthy lifestyle: self-tracking, awareness and reflection.’
- Yvonne Pit (co-organizer QS Meetup Groningen)
Results and acknowledgements

QSI in numbers
1130 days QSI

- 350+ Students Involved
- 10 Schools Involved
- 2 Radio
- 4 Educational Institutions (externally involved)
- 116 Events/Workshops/ Presentations
- 89 External
- 10 Multianual
- 89 External
- 44 Short Term
- 54 Projects
- 27 Internal
- 23 Media
- 3 TV Items
- 1 Radio
- 17 Videos
- 71 Publications
- 36 About Projects
- 35 About QS(I)
- 2 Podcasts
- 3 Phd
Results and acknowledgements

With this publication we are able to provide some insight into 1130 days of QSI, but it is impossible to do justice to the number and diversity of the projects. There is so much more to tell. A network organisation depends on the involvement of individuals. Let us at least try to thank all people and organisations actively involved in the QSI project programme. With the risk of forgetting someone and intended to honour where honour is due: a sincere word of THANKS to the following persons and institutions for the collaboration.

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- Centre of Expertise Healthy Ageing
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- Digitale Zorggids
- e-Vitality (Target Holding)
- Emfit QS
- Estafette
- FC Groningen
- GDD Drenthe
- Gemeente Assen
- Gemeente Groningen
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- H.N. Werkman College
- Hanzehogeschool Groningen
- Hogeschool Zuyd
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- OZO media
- Pim Mulier
- ProCare
- Provincie Drenthe
- Provincie Groningen
- QS Labs
- Rijksuniversiteit Groningen
- SNN
- Science Linx
- Sense OS
- Sprint@Work
- Stichting Heartlive
- Tinké
- Tizin
- Umaco
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- Withings
- Zernike College
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