

2020 DIGITAL SHADOW PROJECT

KURT BUHLER 2020

SINCE JAN. 2019, I'VE COLLECTED DATA TO CAPTURE MY 'DIGITAL SHADOW' IN MY PERSONAL DATA, I SEEK TO FIND:

1. A VISUAL REPRESENTATION OF HOW MY LIFE IS CHANGING AND...
2. WHAT CAN BE DONE WITH DATA COLLECTED BY DIGITAL SERVICES



13 DATA SOURCES



EXTRACTED & TRANSFORMED IN PYTHON



VISUALIZED IN POWER BI

FOR EXAMPLE, THIS IS MY MOOD FOR 2019 AND 2020, VISUALIZED AS A ROLLING TWO-WEEK AVERAGE

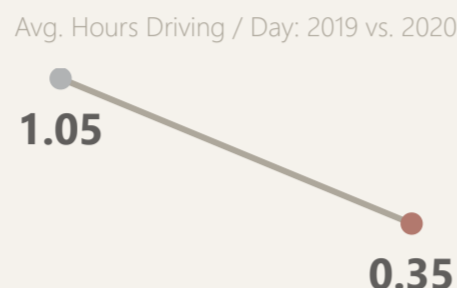


THIS IS WHEN COVID LOCKDOWNS STARTED IN BELGIUM, THIS OF COURSE CAUSED A LOT OF CHANGE COMPARED TO 2019...



-67%
TIME DRIVING

LOCK DOWN FORCED WORKING FROM HOME AS THE NEW NORMAL



+1H. 6 MIN.
WORKDAY LENGTH

NO ONE TO SEE, NOWHERE TO GO, BUT A LOT OF (FUN) WORK BE DONE



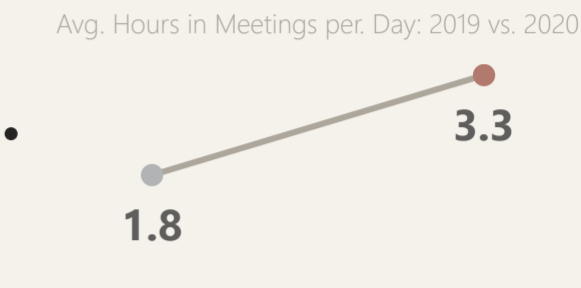
-7 PEOPLE
SOCIAL CONTACTS

IT ALSO MEANT I SAW AND INTERACTED WITH LESS FRIENDS/COLLEAGUES



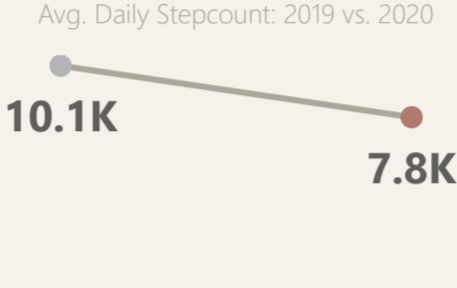
+1H. 30 MIN.
IN MEETINGS DAILY

THOUGH I SPENT A LOT MORE TIME IN MEETINGS (& UNLOGGED CALLS)



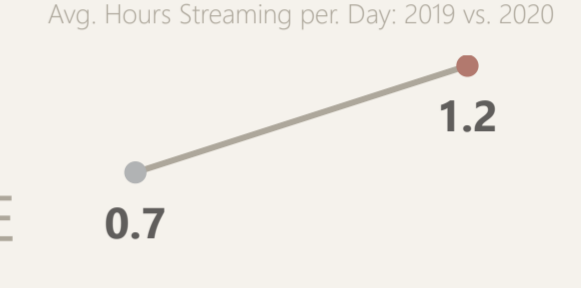
-2.28K
DAILY STEPCOUNT

LOCK DOWN REDUCED ACTIVITY, ESPECIALLY WHEN GYMS SHUT DOWN



+35 MIN.
DAILY NETFLIX & PRIME

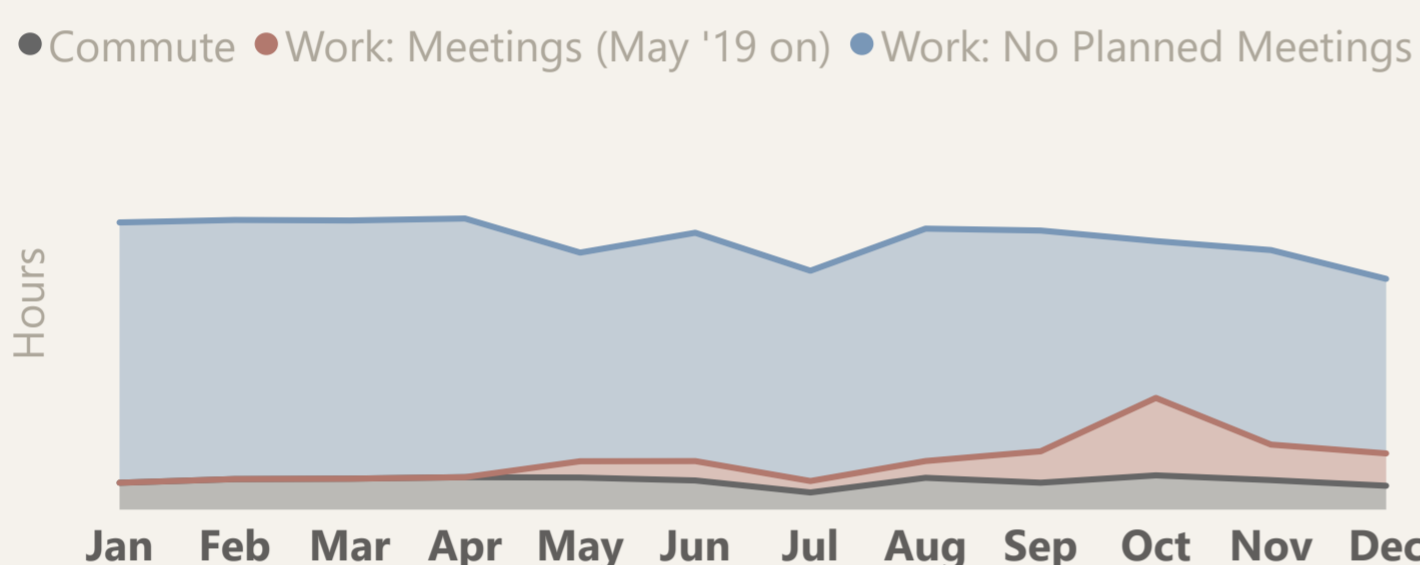
ALTHOUGH, WE DID CATCH UP ON OUR SHOWS. CHECK OUT THE EXPANSE.



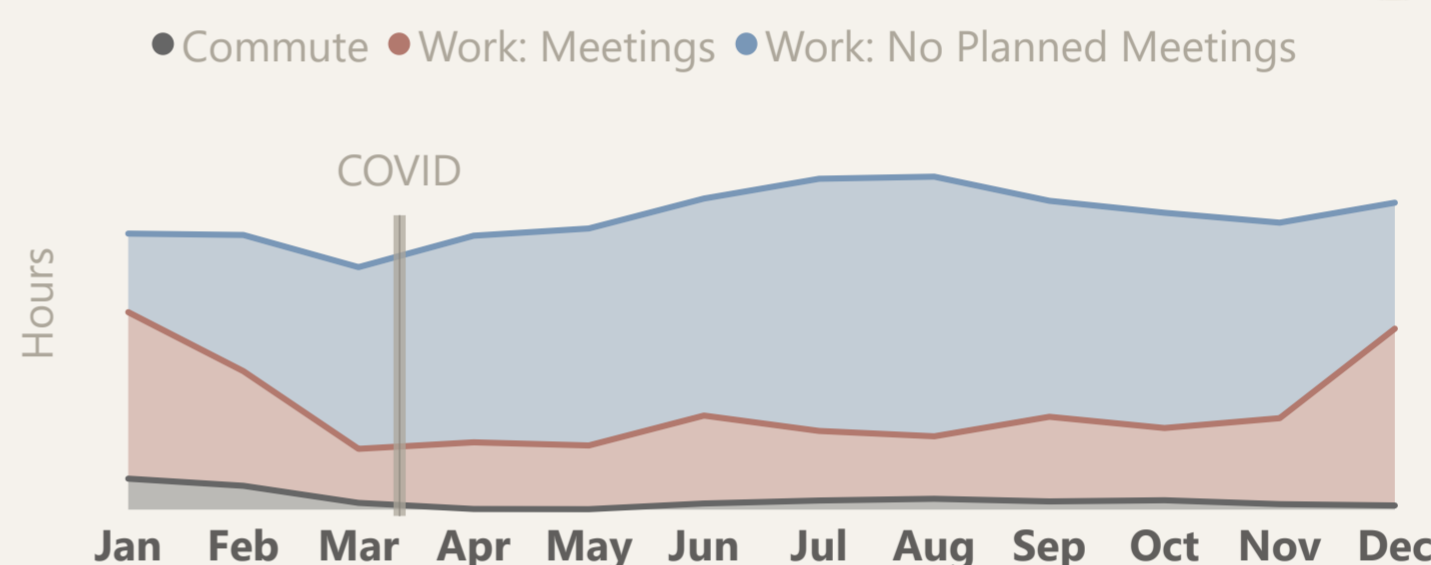
IN GENERAL, 2020 CHANGED THE WAY WE LIVE. FOR ME, THAT MEANT...

2020 BROUGHT WITH IT MORE MEETINGS, BUT THIS DOESN'T SEEM TO BE INSTIGATED BY COVID I NOTICED WORKING FROM HOME DID RESULT IN LONGER WORKDAYS, ALSO BECAUSE I LOVE WHAT I DO

WORKDAY BREAKDOWN BY MONTH: 2019

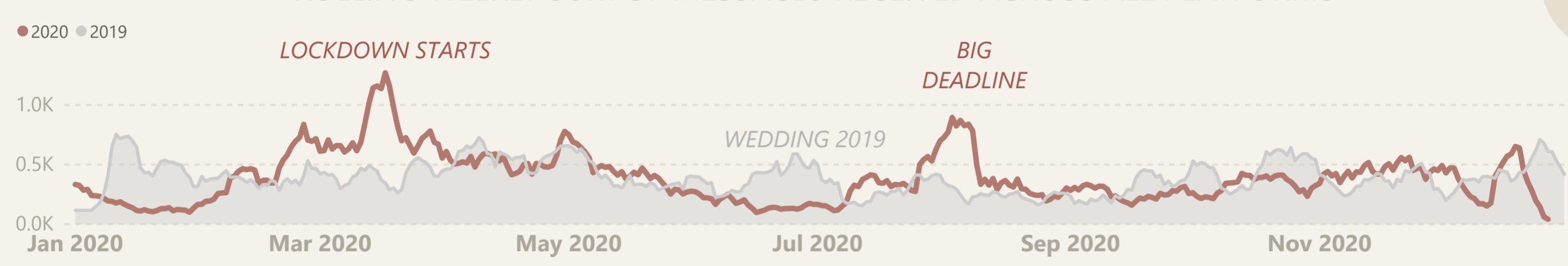


WORKDAY BREAKDOWN BY MONTH: 2020

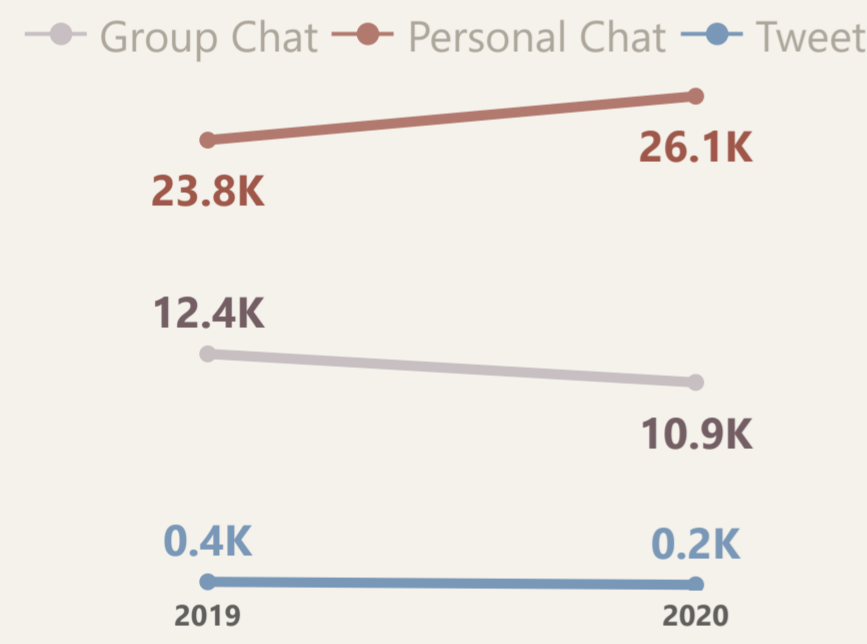


DESPITE LOCKDOWNS, THERE WASN'T MUCH CHANGE IN HOW I INTERACTED WITH PEOPLE ONLINE IN 2020 EVEN THOUGH WE COULD NOT INTERACT VERY MUCH WITH PEOPLE IN PERSON, THIS YEAR.

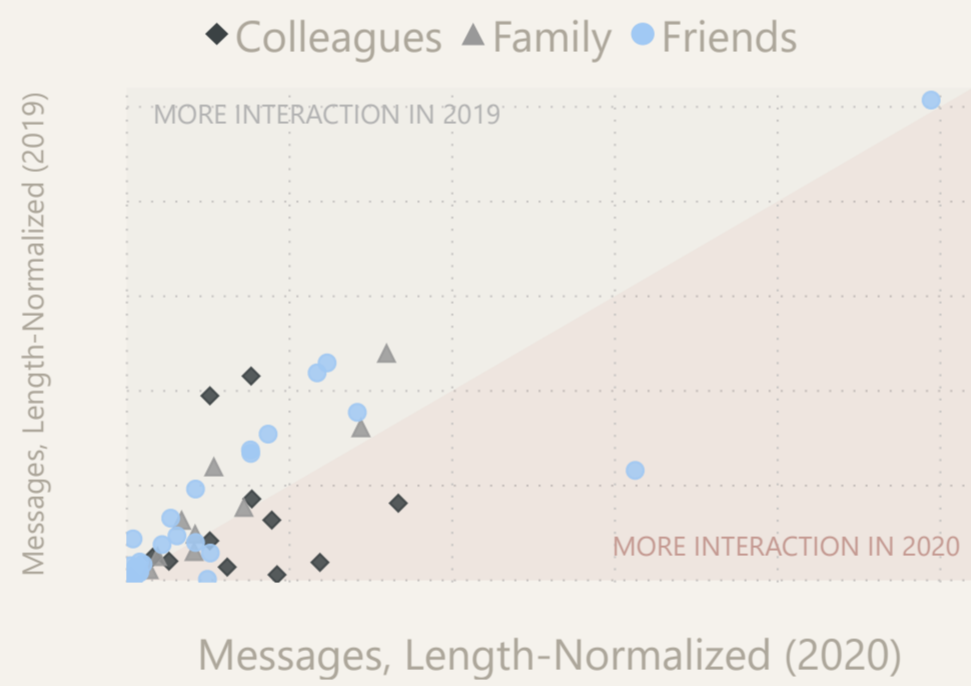
ROLLING WEEKLY SUM OF MESSAGES RECEIVED ACROSS ALL PLATFORMS



DIRECT & GROUP CHATS

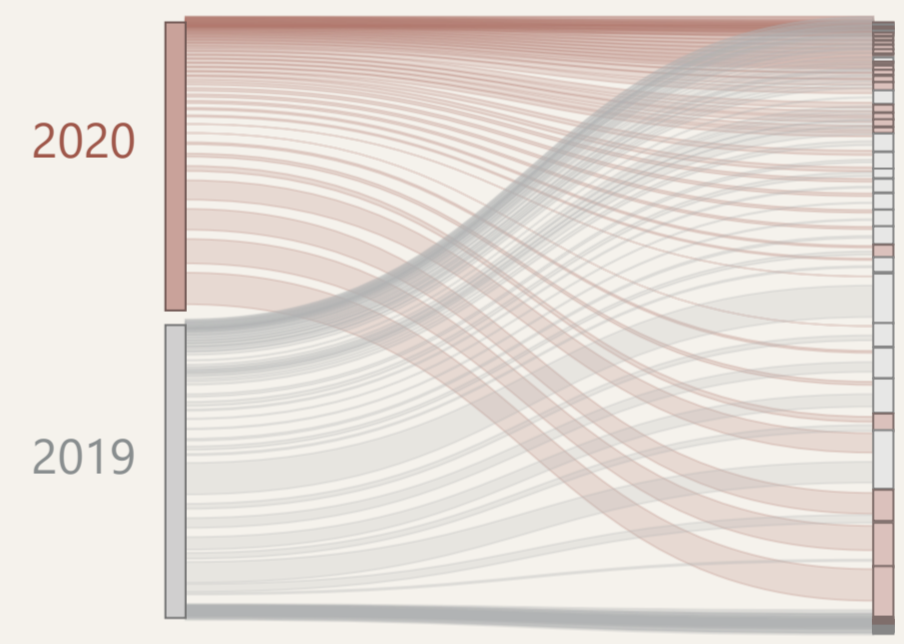


WHO SENT THE MESSAGES?



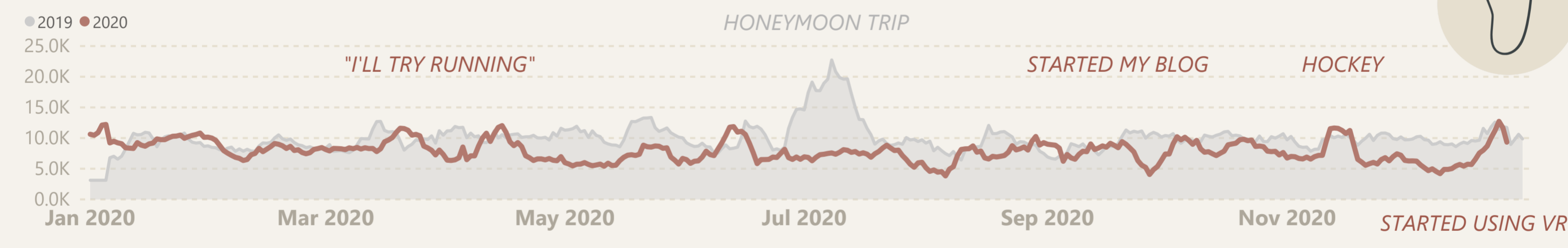
YEAR

CONTACT

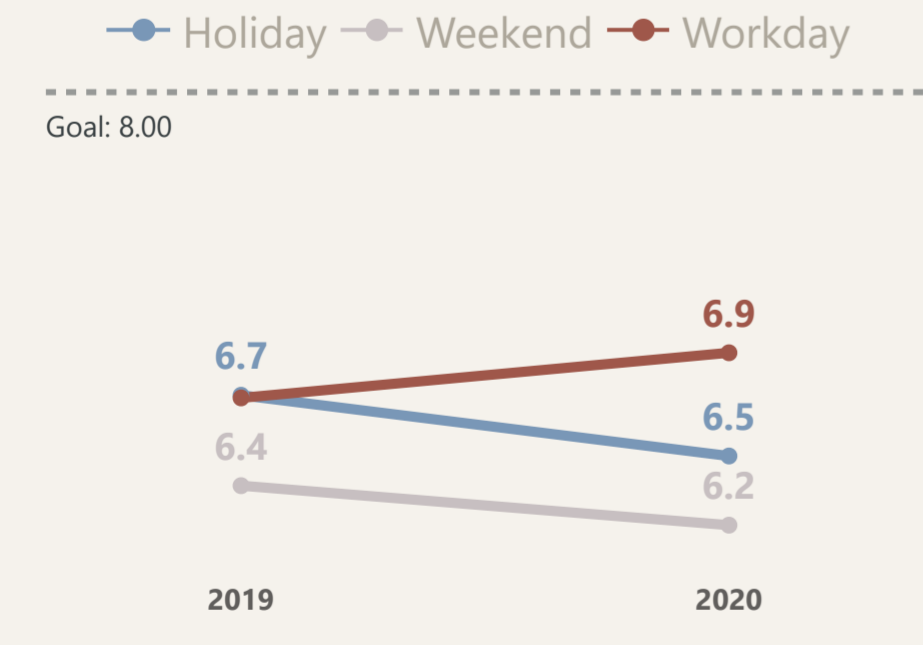


ONE OF THE BIGGEST CHANGES WAS THE DIFFICULTY TO STAY ACTIVE DURING LOCKDOWN THOUGH MY BODY COMPOSITION DIDN'T CHANGE MUCH YET DUE TO MORE CALORIE RESTRICTION.

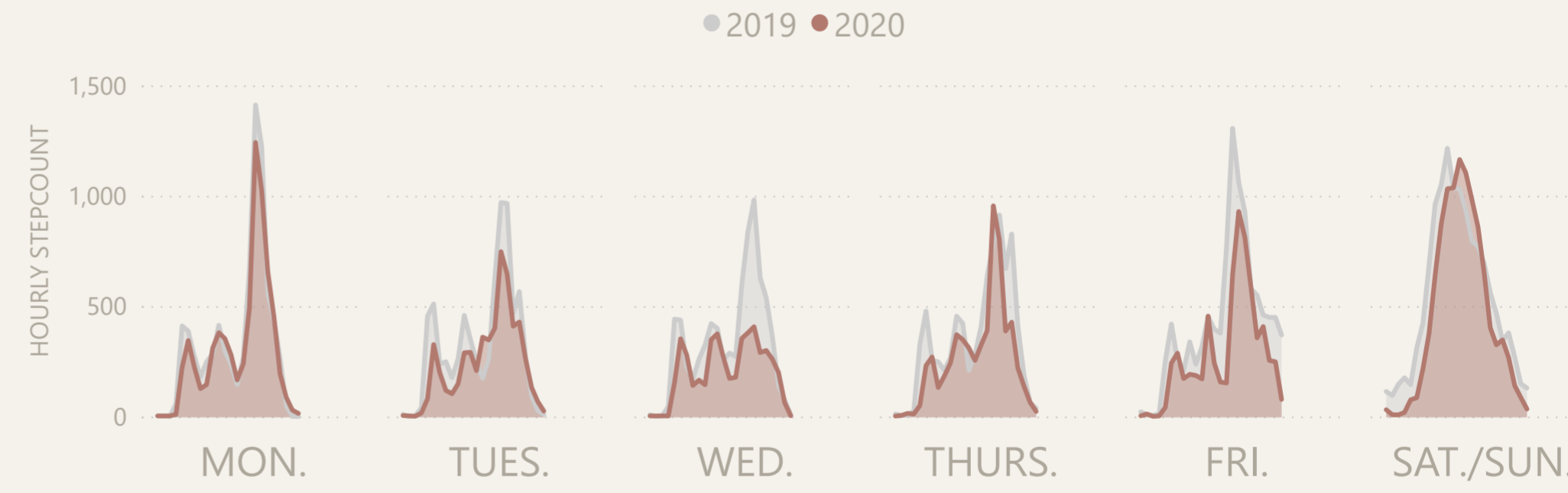
ROLLING WEEKLY AVERAGE OF DAILY STEP COUNT



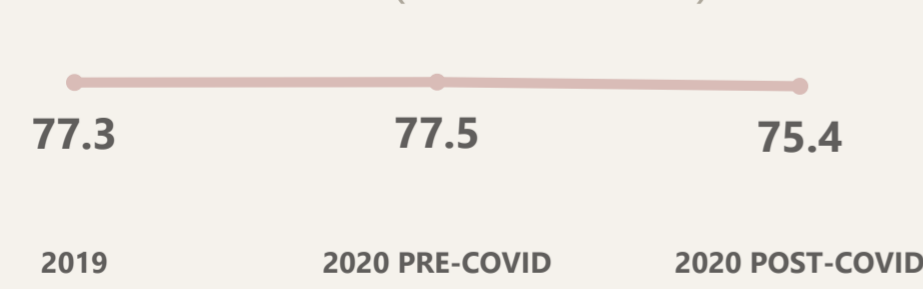
HOURS SLEPT / DAY



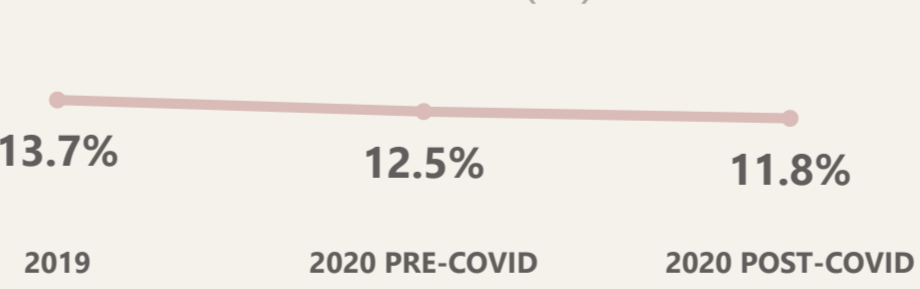
AVERAGE HOURLY STEP COUNT



WEIGHT (KILOGRAMS)



BODY FAT (%)



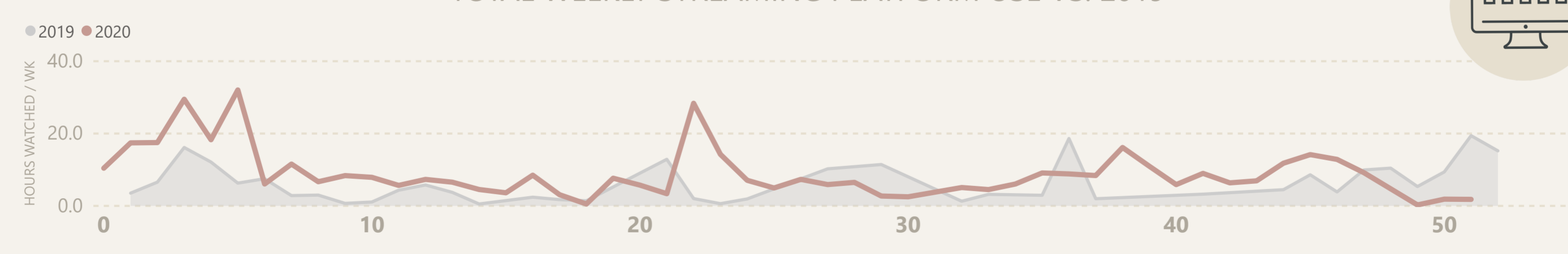
AVG. VO2 MAX (HIGHER IS BETTER)



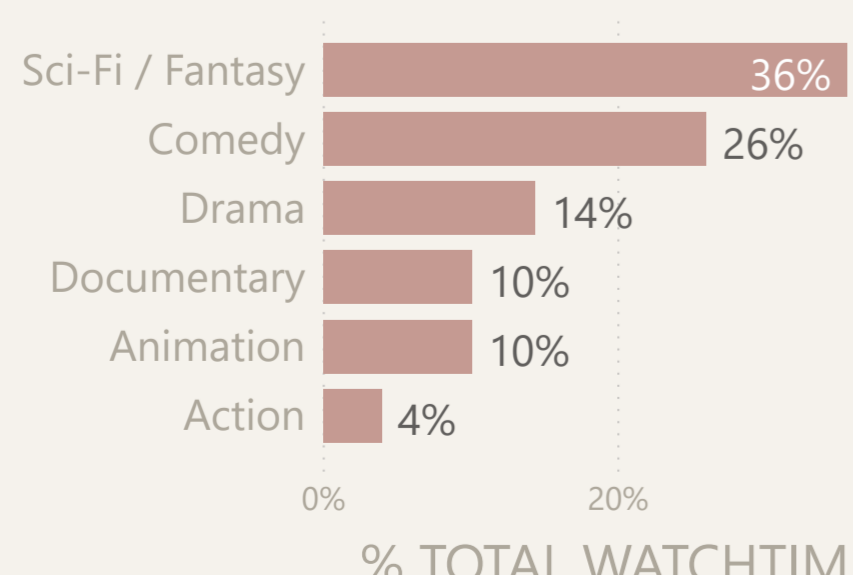
IF I DON'T INCREASE MY ACTIVITY IN 2021, THOUGH, I EXPECT THAT THIS WILL START TO HARM MY PHYSICAL HEALTH OVER TIME IN WAYS I DON'T YET SEE

MY WIFE AND I DID MANAGE TO CATCH UP ON OUR SHOWS DURING THE LOCKDOWN, THOUGH OUR FAVOURITES ARE 'THE EXPANSE' AND 'THE UMBRELLA ACADEMY'

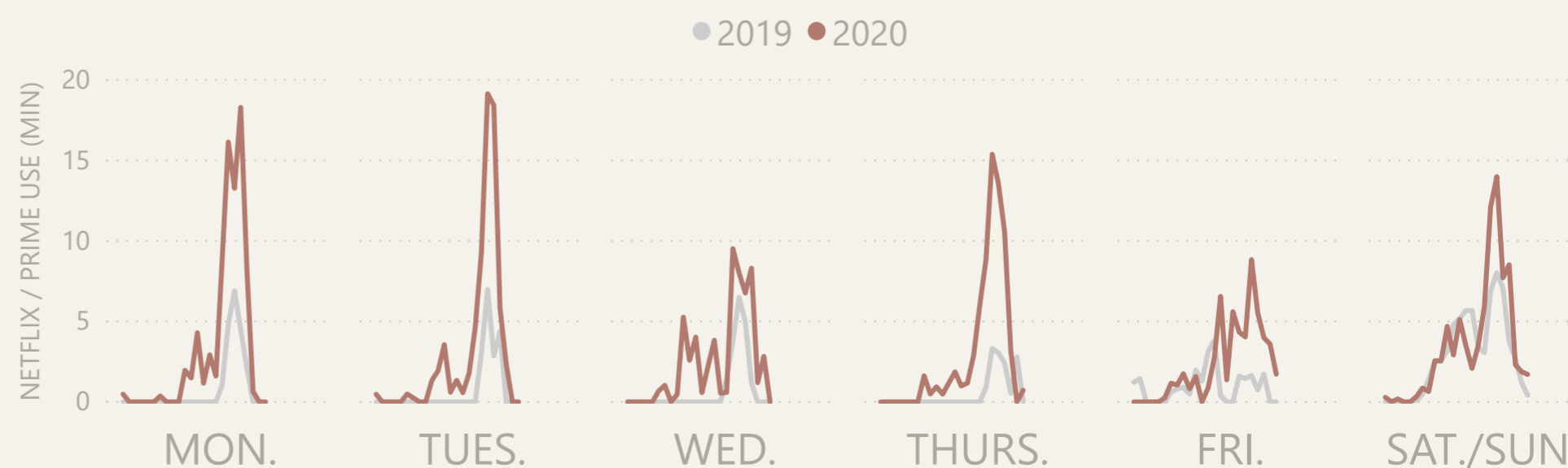
TOTAL WEEKLY STREAMING PLATFORM USE VS. 2019



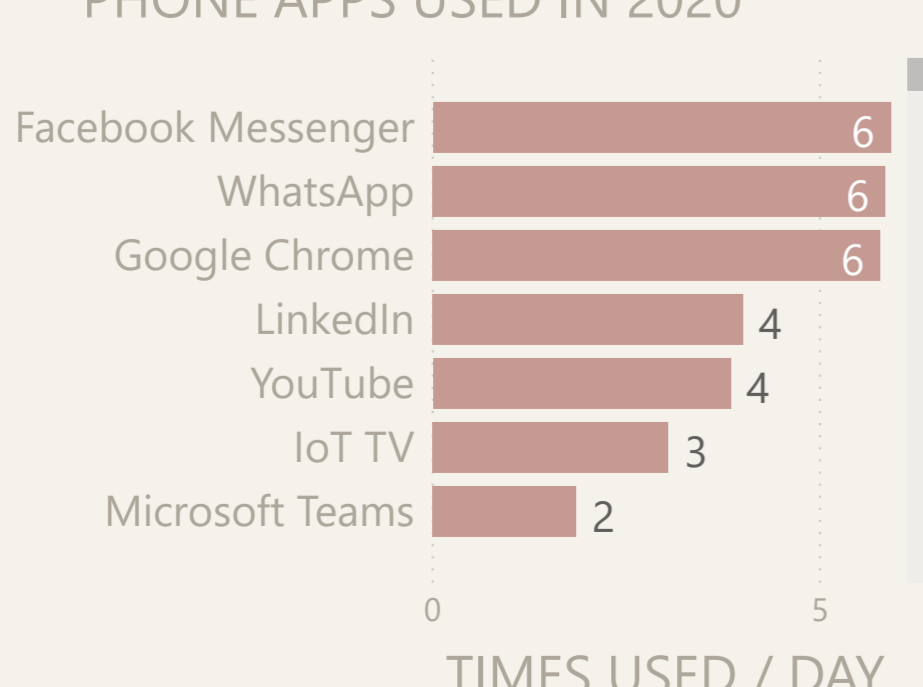
BY GENRE WATCHED



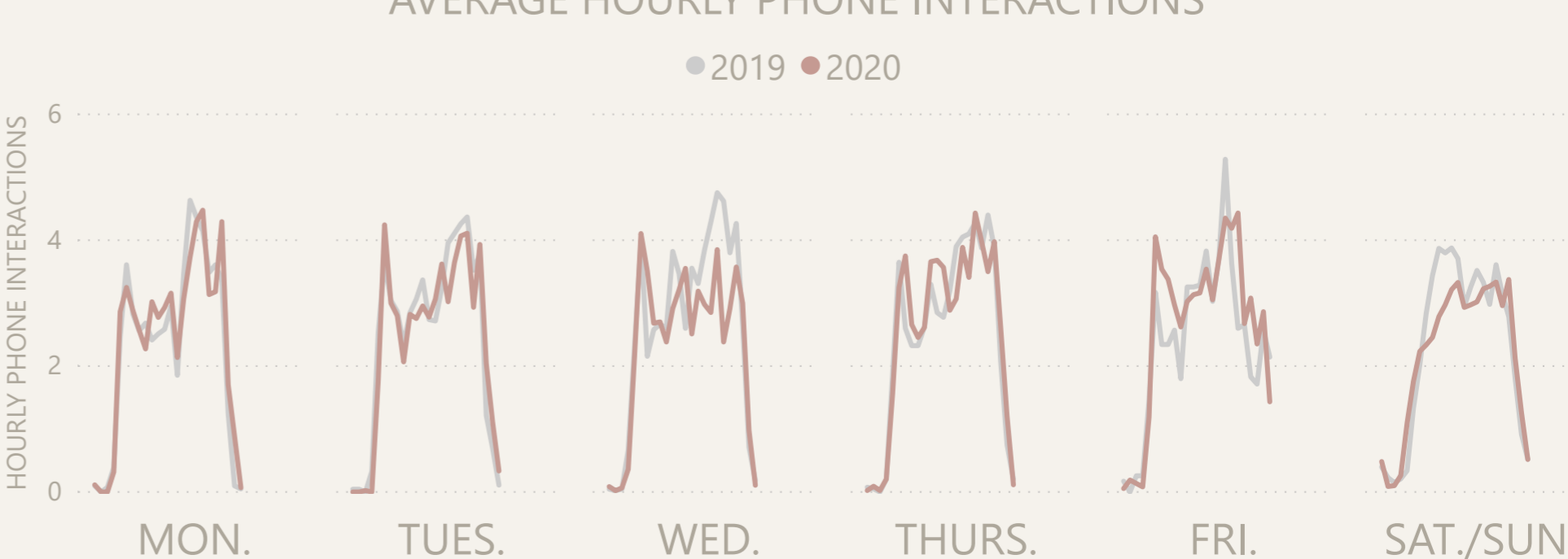
AVERAGE HOURLY STREAMING PLATFORM USE



PHONE APPS USED IN 2020



AVERAGE HOURLY PHONE INTERACTIONS



AS WE MOVE INTO 2021, AND I LOOK AT ALL THIS DATA, I CAN'T HELP BUT THINK... I WISH I HAD TIME SERIES DATA ABOUT HOW MUCH I PLAYED VIDEO GAMES. (SERIOUSLY, IF YOU KNOW HOW TO GET THAT FROM STEAM, LET ME KNOW.)