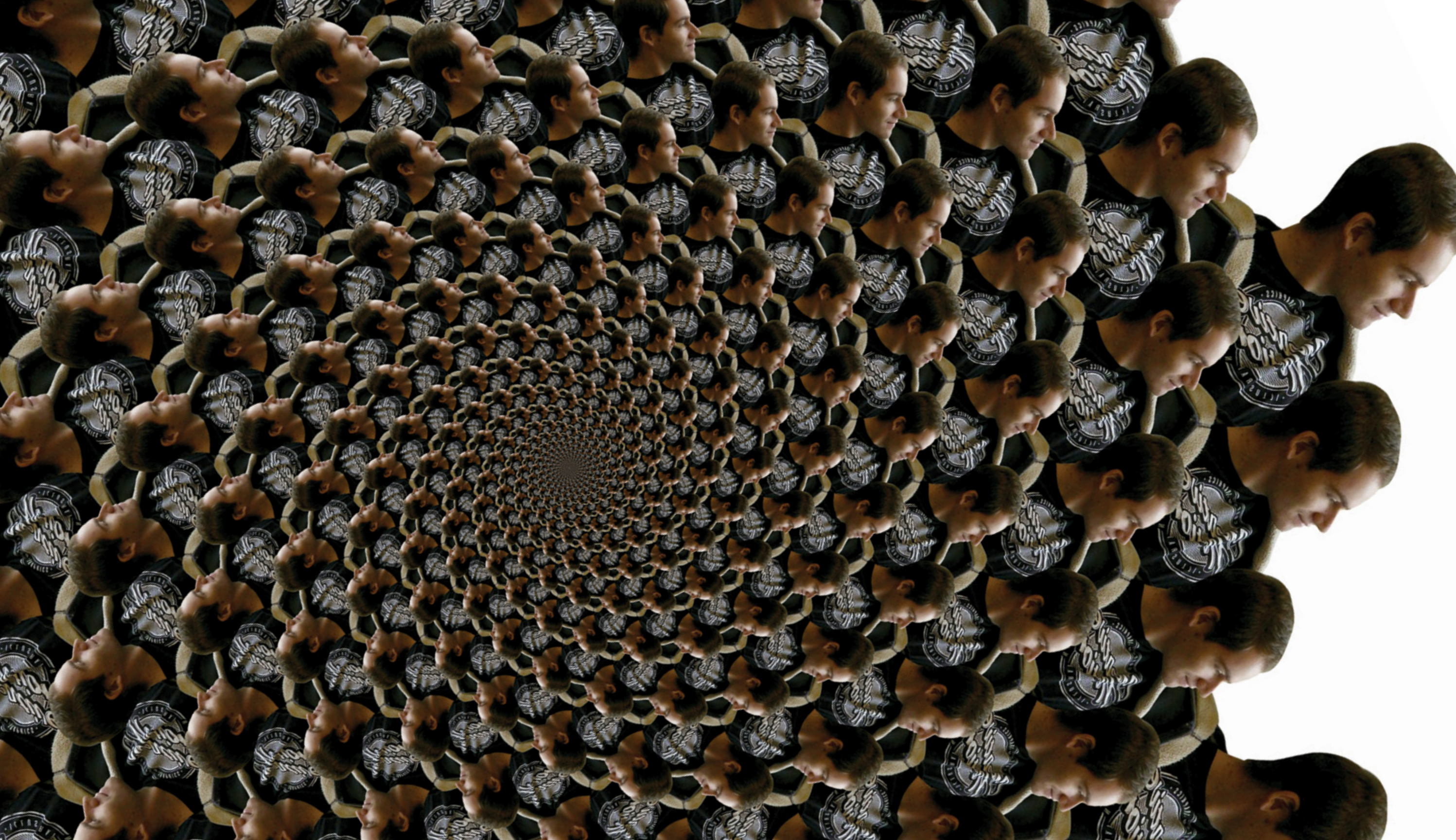


Visualive



Hello My name is Andrew

This book is part of a project that I have been working on for about two years. It started as a personal, and somewhat secret attempt to understand how I spend my time, reflect on my actions, and watch how I change.

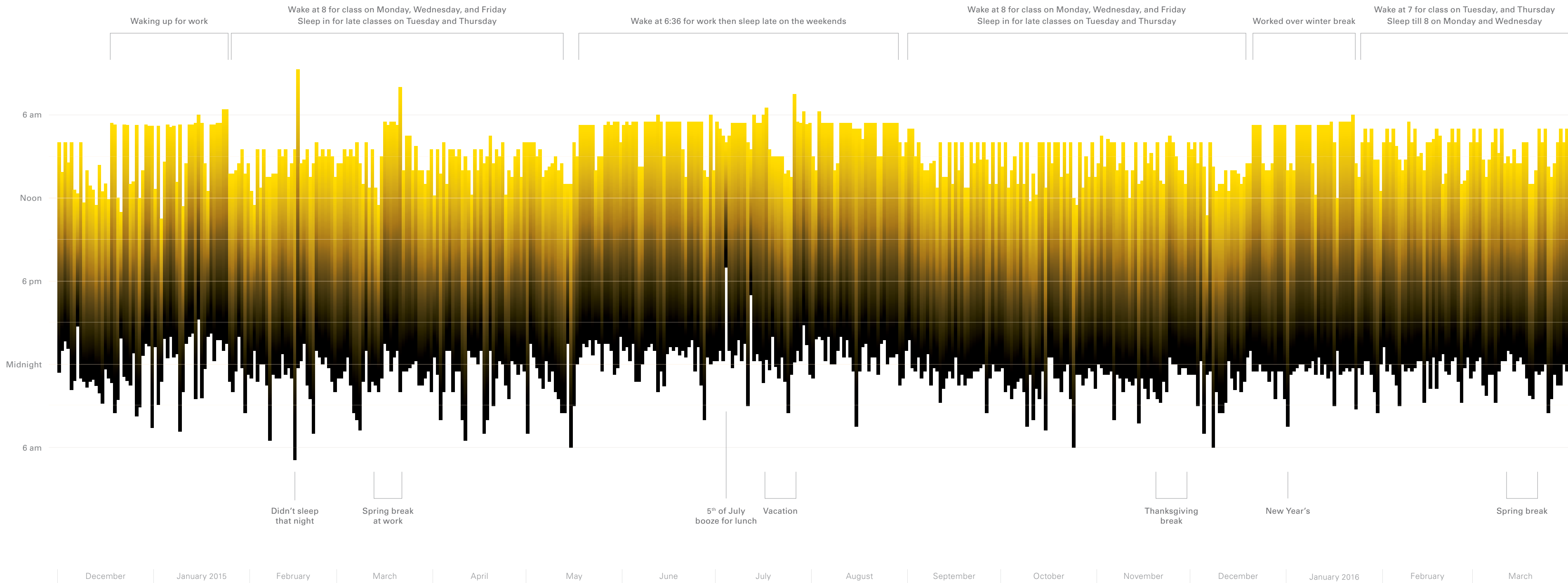
To do this I have a list of things, then mark if I did them before bed. Some of the items on my first list in January 2014 were tapping fingers, read, watch TV, swear, talk, smoke, work, school, homework, sleep, and exercise. Talking and smoking are the primary focus and reason I started recording. I have always been pretty quiet, but was curious about how school and work affected me.

What I record and how it's recorded has evolved. Instead of a yes or no, some are quantities and qualities, like how many and what kinds of muffins I eat. Descriptive information is more meaningful because it provides context. It can also become overwhelming depending how it is shown.

There are infinite ways to display any information. How it is shown will affect how the content is understood and perceived. All the information I have is in spreadsheets, which is great for sorting and editing, but they are painfully dull and un-understandable when printed. They are just not made to display vast sets of data in a meaningful way.

This is why I have explored new ways of visualizing tables of numbers in engaging and meaningful ways. There are hidden patterns that emerge when you see specific points synthesized and compared. It could relate to the season, time of day, location, large or small events. Everything affects and is affected by everything else whether directly or through long winding chains of events.

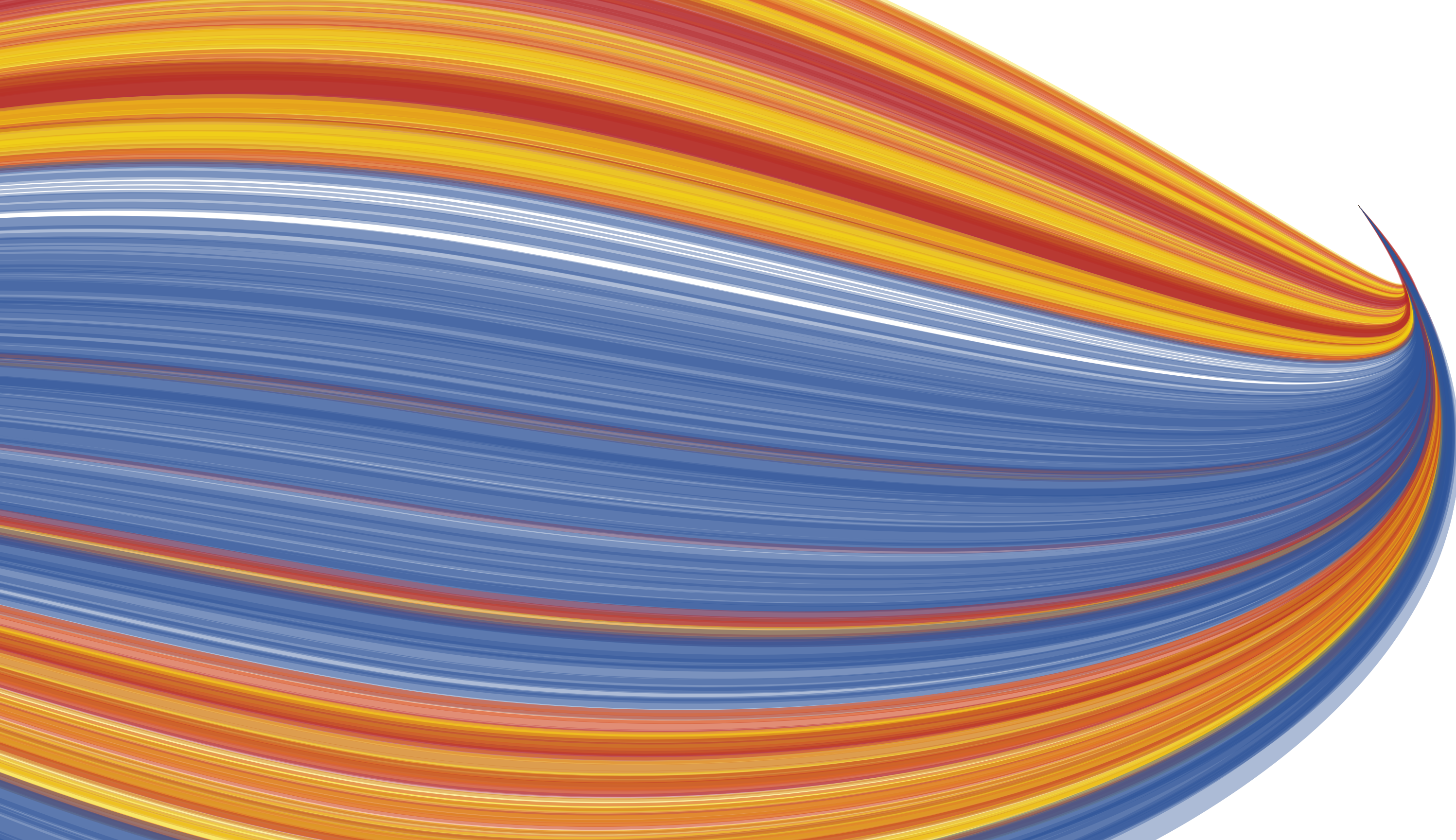
So now I share with you what I haven't shown anyone before, and never expected to show, so that you might think about your place in society and this moment in time.



This graphic shows when and how long I was awake over a 16 month span. The top of each line represents the time I woke up. The bottom is the time I fell asleep.

Sleep is somewhere between a luxury and an inconvenience. At school, especially towards the end of the semester, the time I wake up for class stays the same, but my bed time creeps deeper into the AM. Mostly because there is more work to do, but also because I don't really like to sleep. It just feels like a waste of time. Not a waste of a few hours, but a **third of my entire life**.

Considering my erratic sleeping I imagined that my time asleep would be below average. It turns out that after comparing 16 months of time awake and asleep I was exactly on par at 16 hours awake and 8 hours asleep. There weren't even any decimals, just 16. Looking at specific days the time I was awake varied from 10 to 40 hours, but overall, totally normal.

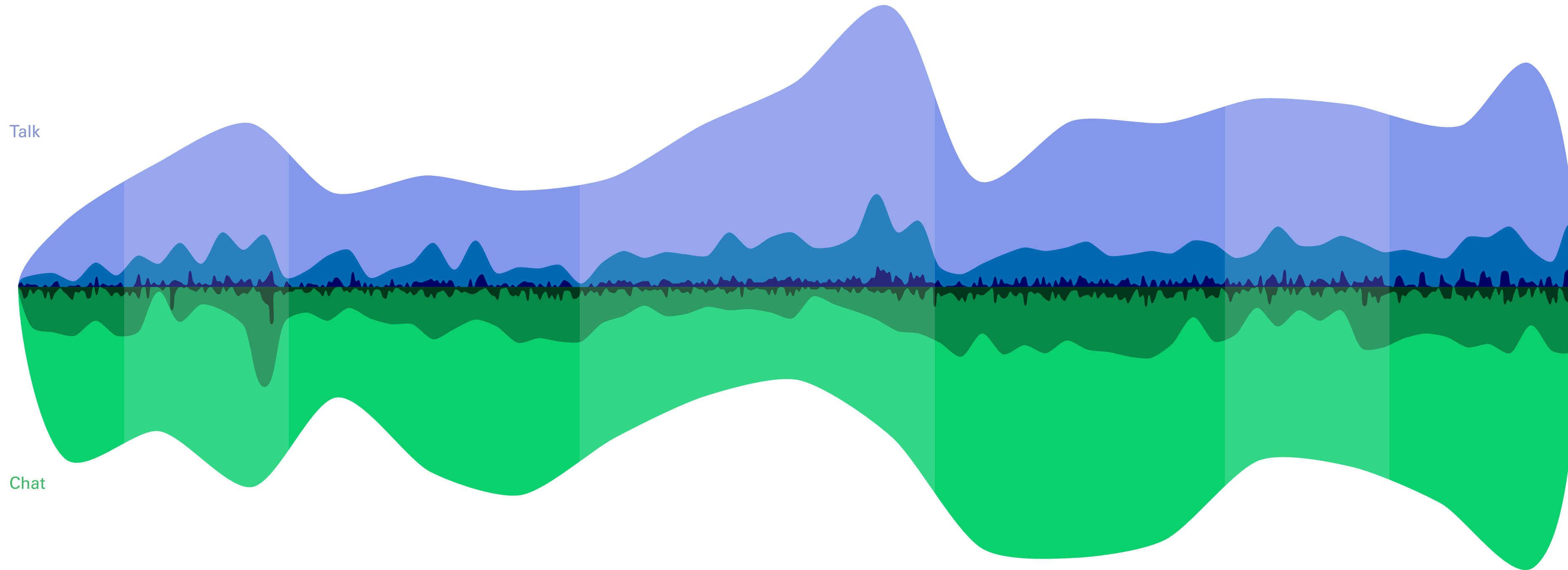


Social Real life relationships

If I have said anything to you between July 2015 and now, odds are your name is written in my notebooks. Verbal communication is one of the core studies in this project. It was the first item on my check list to be marked with a quantity, rather than a ✓ or X.

In November 2014 I started differentiating between conversation and chit chat. The difference being that chit chat has no depth. Hello, how are you? Pretty good, how are you? Not bad, thanks. Automatic responses like this are counted as chatting. Bless you, thank you, and nearly all retail related interactions are also chatting.

The difference between talking and chatting can be hard to pin down. Does interacting with a two year old child count as chatting because of their limited vocabulary and understanding? When I interact with my niece Ariana, she is listed as talking because we never talk about the weather. What about when I talk to Opel or chirp with birds? They are not counted because Opel is a cat.



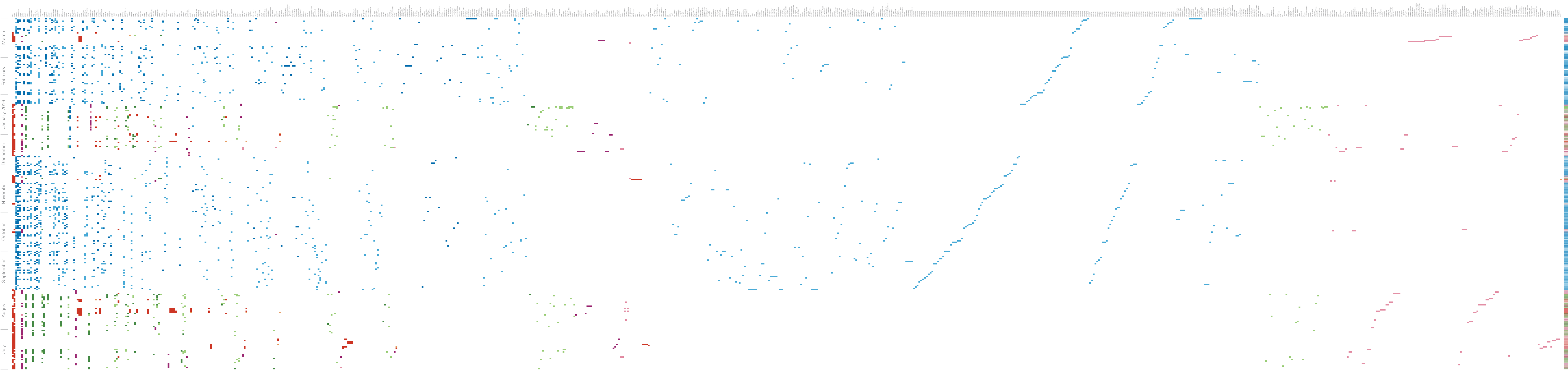
Talk

Chat

Here we have a comparison of talking and chatting from November 2014 to March 2016. The dark inner shapes are daily totals. The larger, lighter shapes are weekly totals, and the largest curves are monthly. The lighter blocks signify time at home, while darker segments are when I am at school.

At school I chat more than I talk, but at home and work the pattern reverses. Long trends like that are invisible when looking too closely. That is where the monthly totals come in. Days of the week have a huge impact on how many people I talk to because I don't see many people over the weekend. That is only visible in the daily totals.

This graphic shows the landscape of my social life, but *who* are in these hills and valleys?



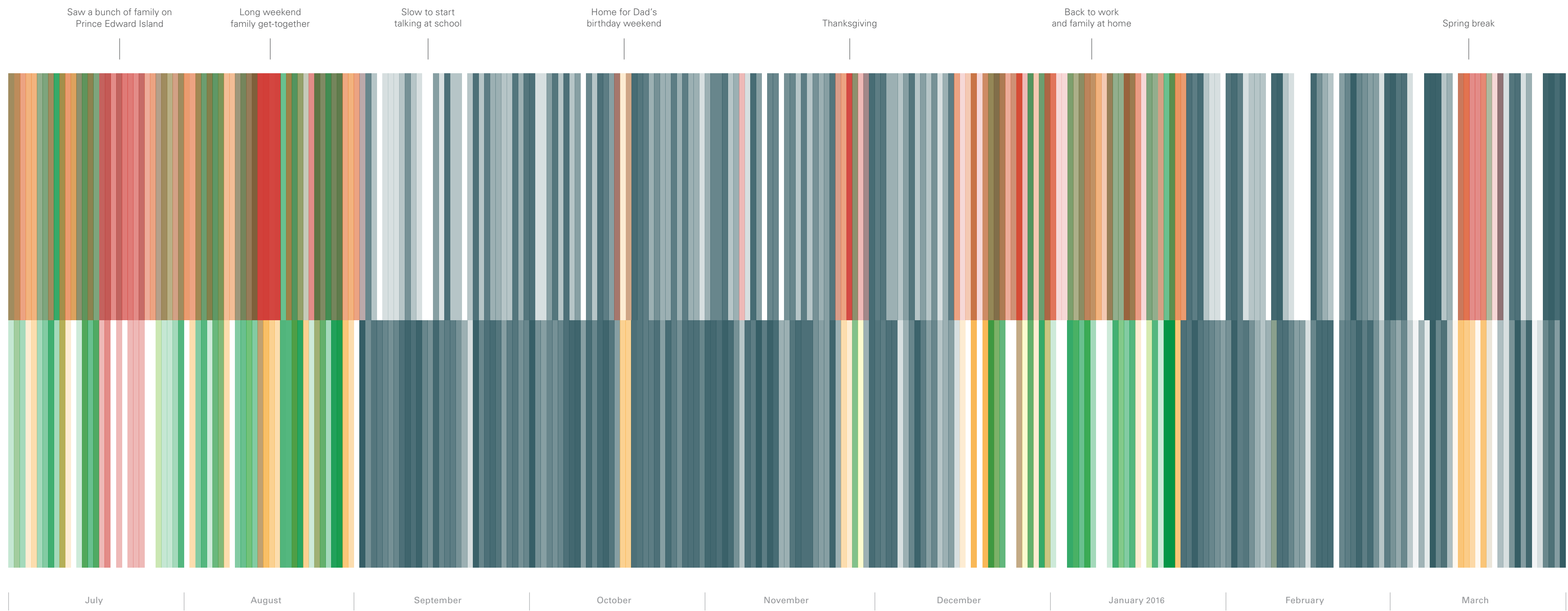
Talk Family School Work Other
 Chat Family School Work Other

This is everyone I have spoken to sorted from most to least interactions and colored by where I see them. A block means we spoke on that day.

There are 836 people and 3,052 interactions. I have spoken to less than 1/4 of these people more than one time, but the top ten people account for almost 1/4 of all my communication. That sounds like a wealth gap statistic, but this disparity clearly shows who my main peeps are and how many people come and go.

Blue is pretty dominant here because there are so many more people at school. Most of my core group are people at school. The change in time shows my back and forth between family and work to school.

This vertical band on the side is the overwhelming grid of blocks flattened to a one dimensional line. By not seeing everything it is easier to see some things.



Instead of the overload of specificity in the previous chart, this one flattens the names into four groups. The intensity of the color is affected by the number of people I talked to. More people in a day means more saturation.

Now it gets easier to see where I socialize. You can also see how dark chatting gets at school, and talking is at home. Events that diverge from the normal cycle are visible now. Several are labeled to provide context.

There are several days when I did not talk or chat with anybody. These blank spots tell a different kind of story than the bright colors. About how I tend to avoid social engagements and commitments and how much time I spend alone.

Family **Work** **School** **Other**



Phone The anchor in my pocket

It actually spends more time in my desk than in my pocket. I don't bring it to class or to work. The only time it leaves my desk is when I am driving somewhere unfamiliar and wouldn't want to be stranded with car problems. It is basically a cordless home phone. This makes it tricky to find me, but keeps me focused on where I am.

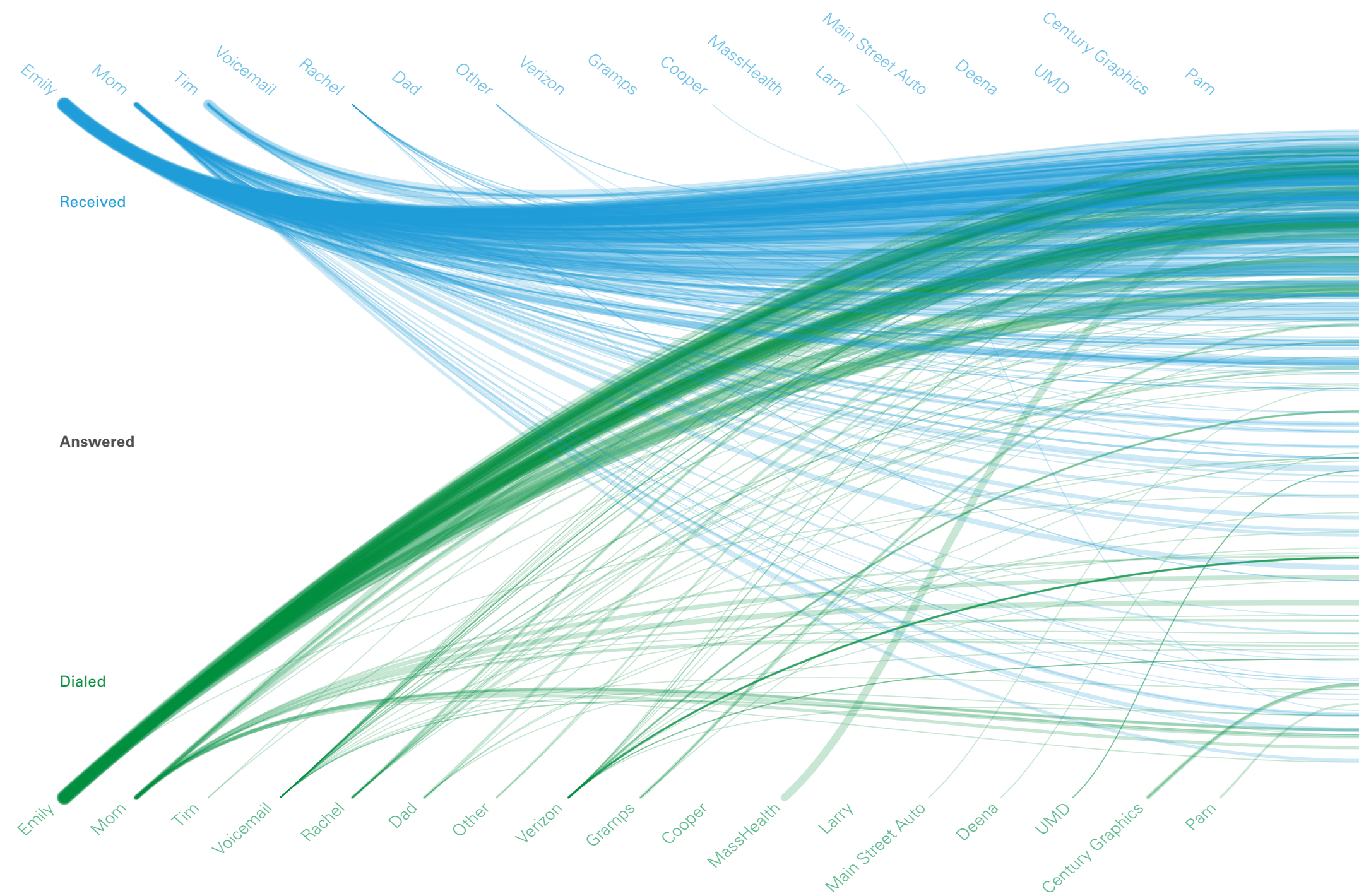
The reason I stay away from my phone is partly because I don't want to be reached. It is a direct link for anybody that knows my 10 digit code. It isn't that I don't like or care about people, but sometimes I would rather be by myself.

This is also because I want to pay attention to life. Even little things like watch a squire cary an apple up a tree. Seeing a picture of that online doesn't feel the same as really seeing it. Phones replace boredom and the wonderful random thoughts that stem from it with little games that speed time along. When someone is in their phone they miss out on life's beautiful pointless moments.

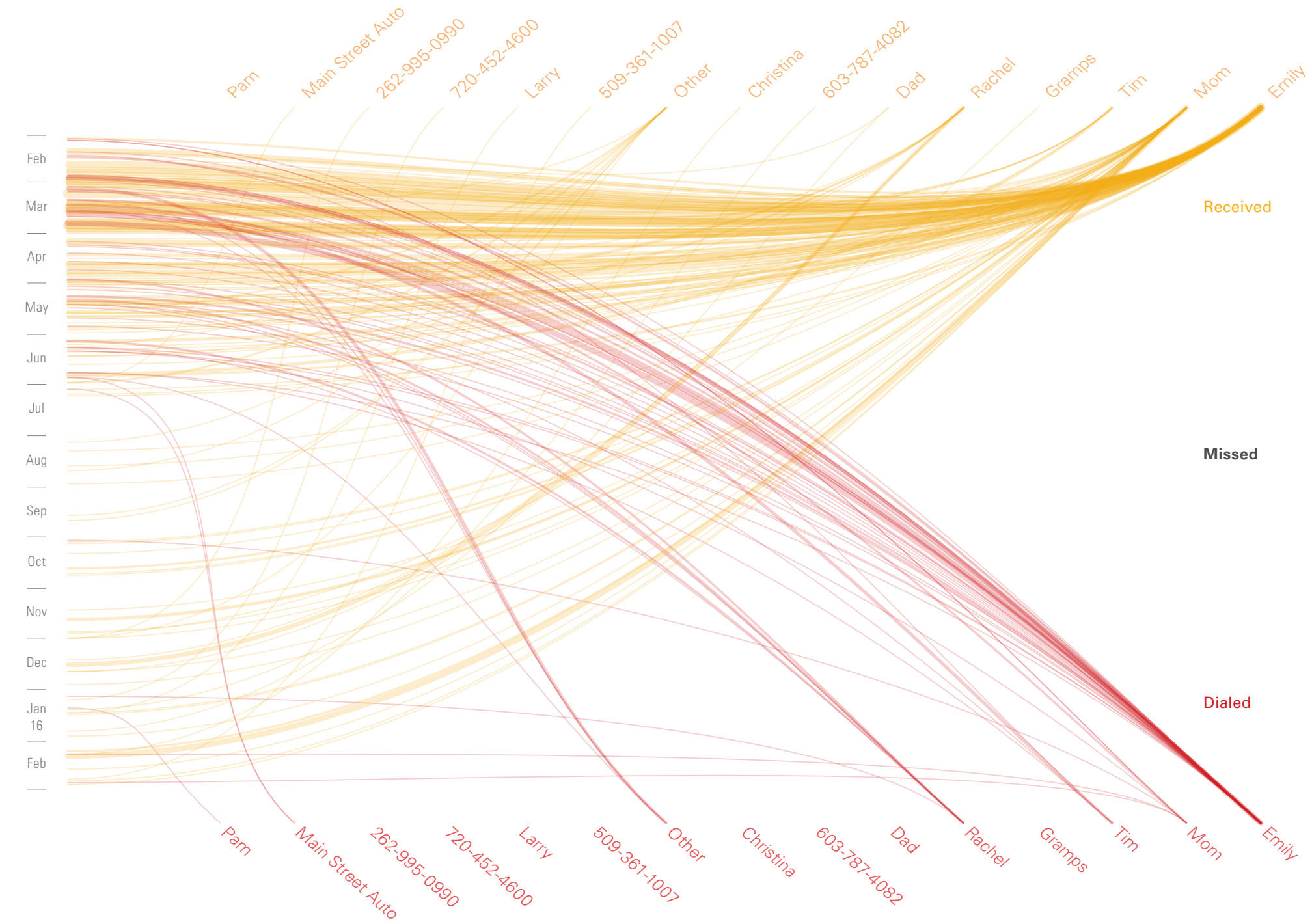
Let's see how my digital messages look when quantified. This consists of texts and calls. There are no posts, tweets, snaps, or likes because I am not on any social media. Intentionally making myself hard to find again.

I also record time using apps and number of unlocks with an app called (OFFTIME). All the text and call data is manually recorded in my notebooks and spreadsheets. Times that texts are sent and received are copied from my account on Verizon.com. These digital interactions have something that my real life social record lacks. That's how long and how much I interact with somebody in a day. My chat and talk records only measure if I interact with that person.

After a full year of recording my app usage, it turned out that the app used to monitor the apps was by far the most used at 3,093 minutes. The next highest app usage was Chrome with 789 minutes; Richnote, 664; Gallery, 657, and Camera, 353. This was kind of boring so that's all I will say about apps.



These are my phone calls. The thickness of each line relates to the duration of call.

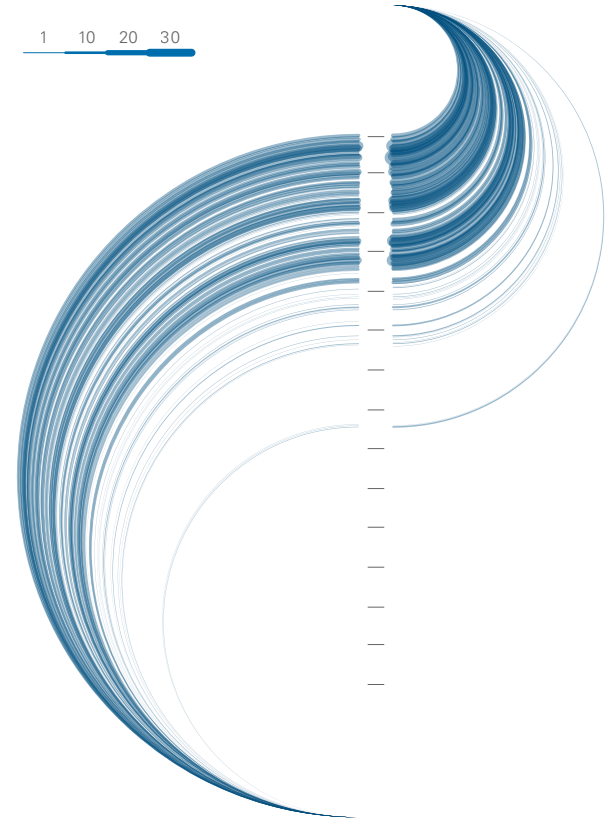


The thickness of lines on this side relates to the number of missed calls in a day.

Texts

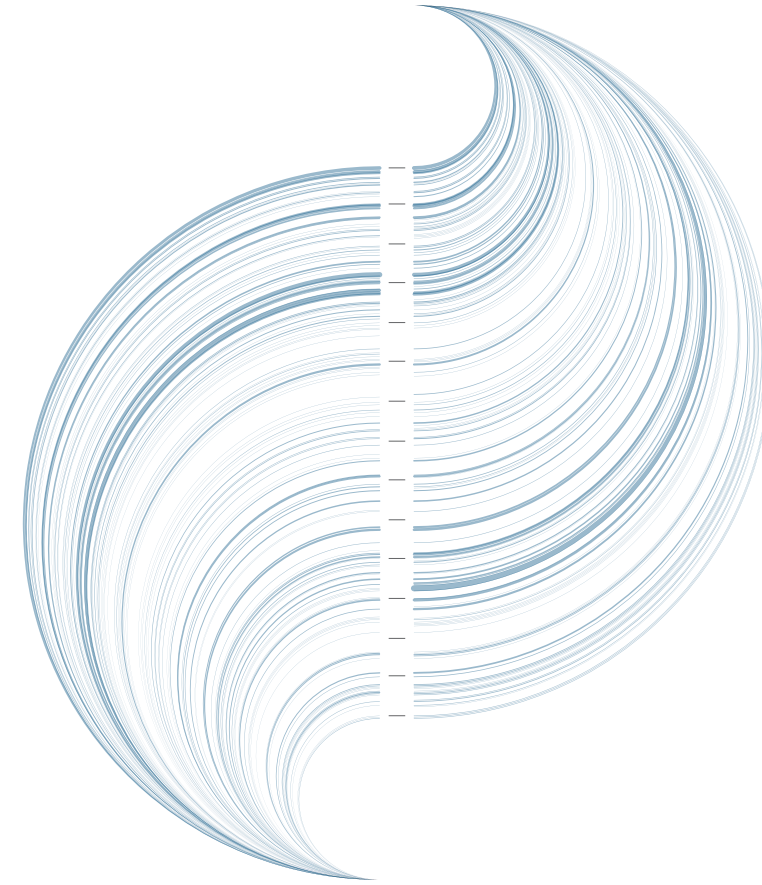
Here are 14 months of text messages sorted by date, person, and quantity. The right shows received texts. The left is sent.

1 10 20 30



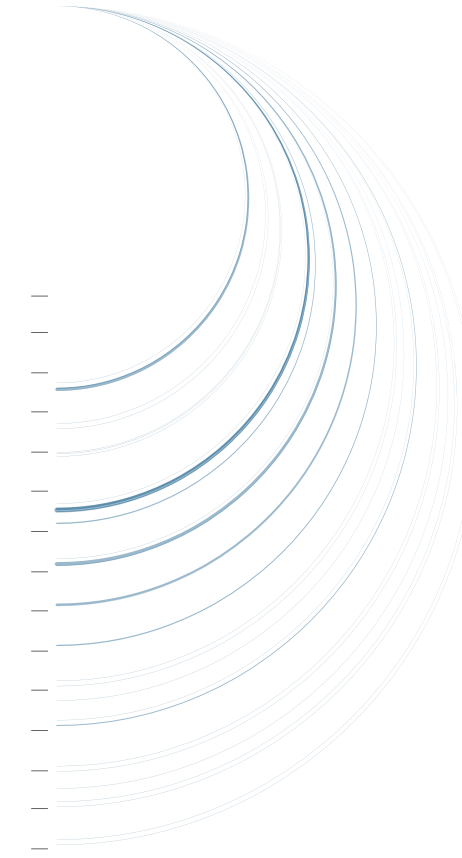
Emily

Separating her from the rest reveals the intensity of the first months, contrasted by no messages in the past six months. We started dating in January, so some data is missing, but you can see a small pause, then a slowing trickle of messages. That pause is when we broke up.



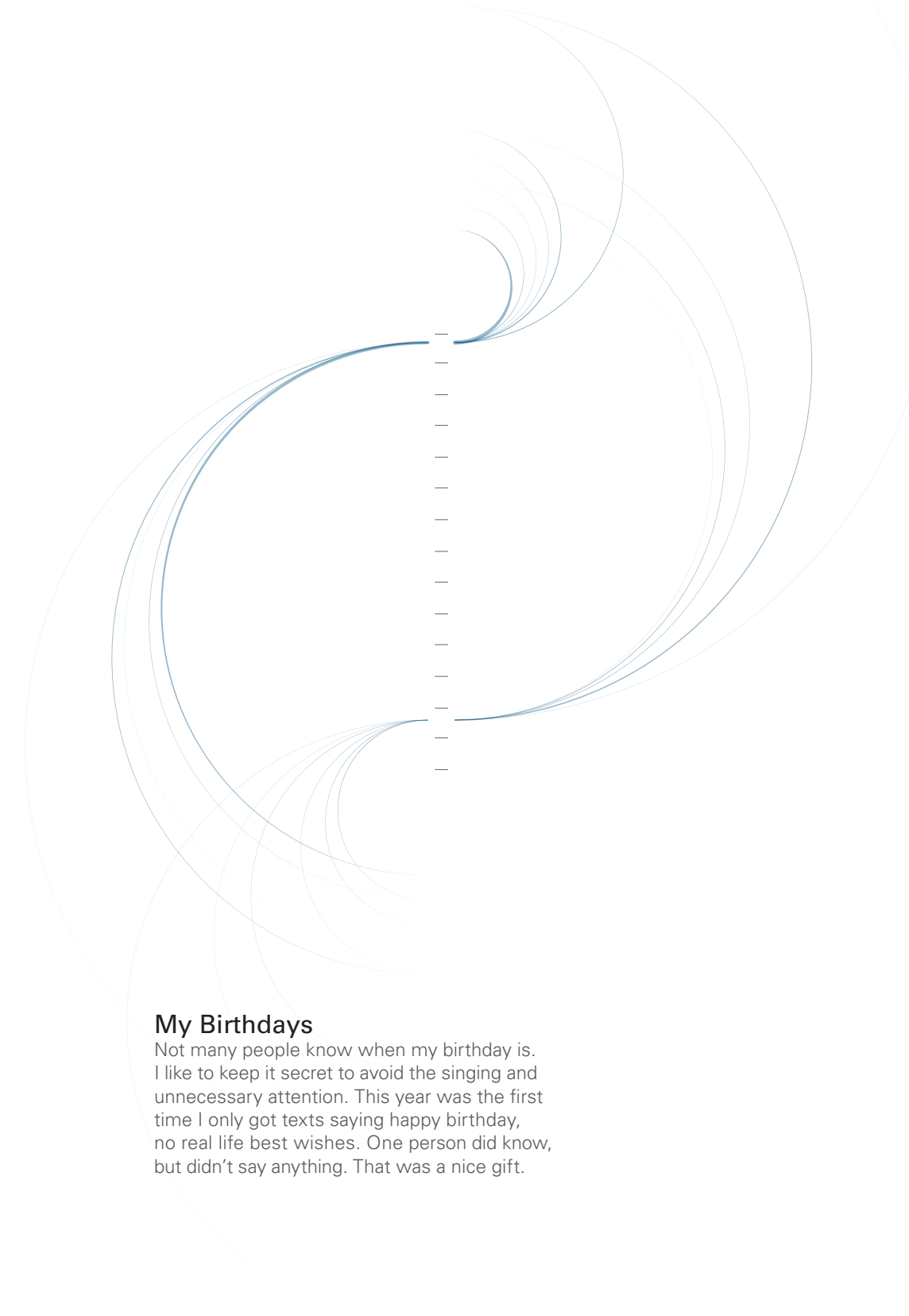
Rachel

Texting with my sister is pretty consistent. When I'm at school we text a little more compared to being at home. In this example and the full version you can see an open patch in July. That is when we went to Prince Edward Island for vacation, so I left my phone at home.



Verizon

Verizon is the most one sided messaging as they have sent me 106 texts and I have sent them 0. They let me know when they want money and confirm when I have paid. The bold lines are days they sent a barrage of texts requesting funds. That darkest line is because I am on vacation.



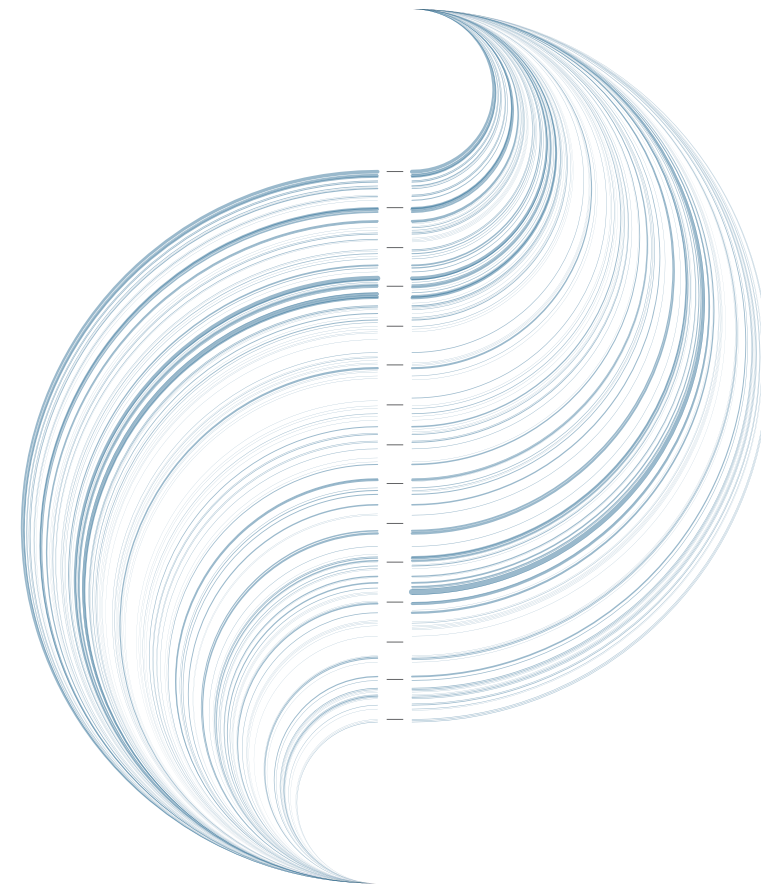
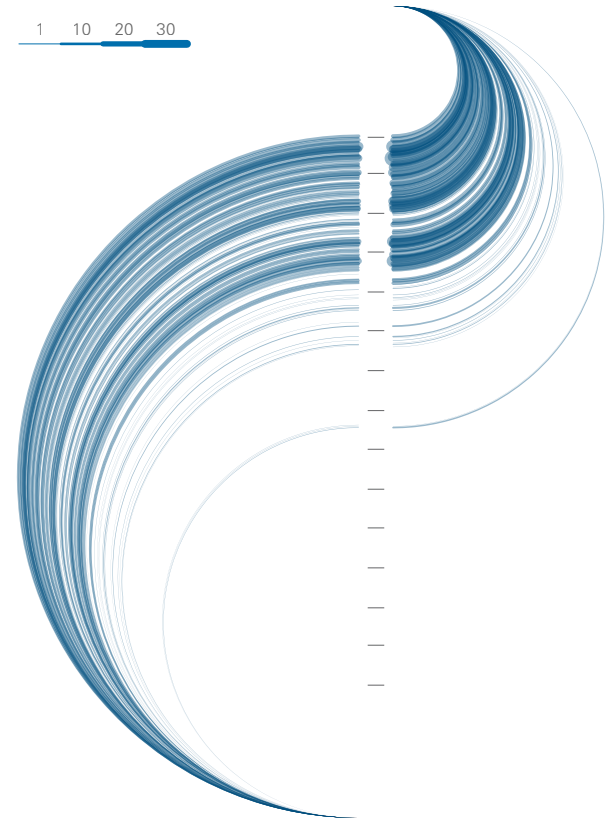
My Birthdays

Not many people know when my birthday is. I like to keep it secret to avoid the singing and unnecessary attention. This year was the first time I only got texts saying happy birthday, no real life best wishes. One person did know, but didn't say anything. That was a nice gift.

Texts

Here are 14 months of text messages sorted by date, person, and quantity. The right shows received texts. The left is sent.

1 10 20 30

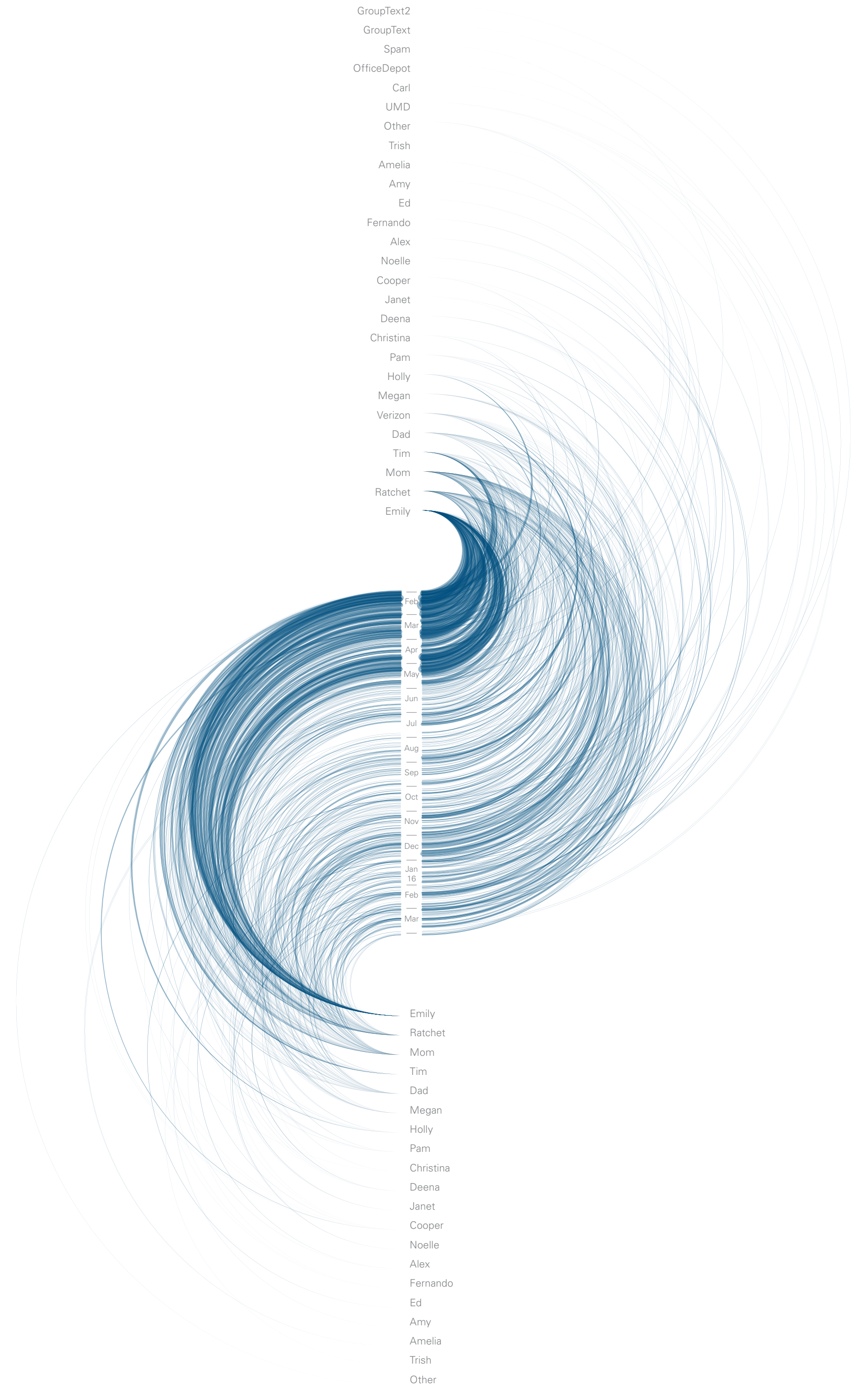


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Texting with my sister is pretty consistent. When I'm at school we text a little more compared to being at home. In this example and the full version you can see an open patch in July. That is when we went to Prince Edward Island for vacation, so I left my phone at home.





Now that we have seen who I text and how many times per day, we can look even closer. This shows the date and time that messages were sent and received.

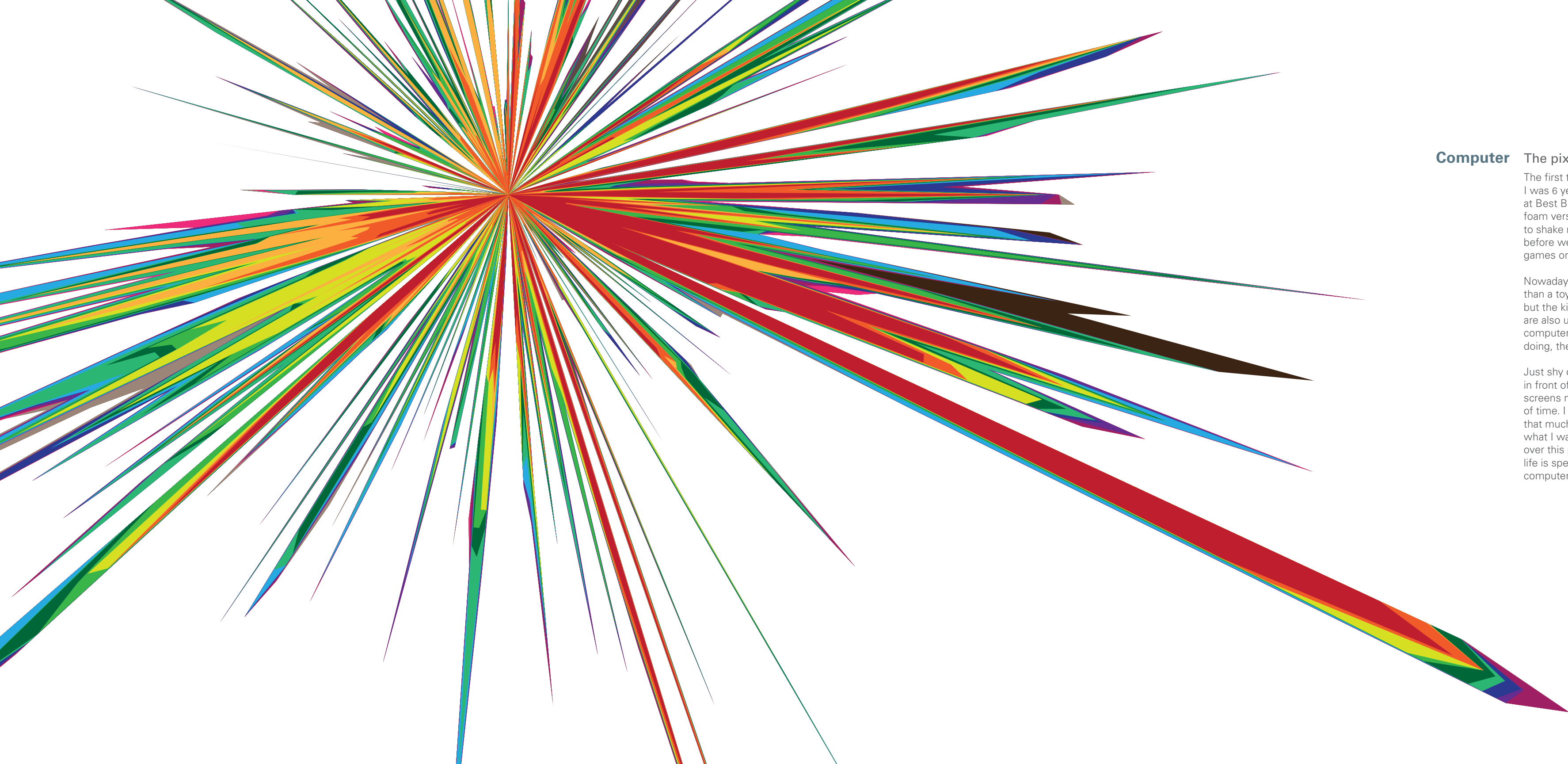
The colors relate to whether the message was sent or received. Shape differentiates between text and picture messages. When messages are close together and overlap they get darker to highlight the active spots. Can you spot the happy new year texts?

Things to note are the column shapes that are made of several messages in a short time. These are actual back and forth messages. Most messages are sporadic with varied time between messages. Compare the amount of single purple to green texts.

The bars on the top and side flatten the messages to show active days and times. This shows the times most messages were exchanged and the days that none were.

Text
■ in
■ out

Pic
● in
● out



Computer The pixel playground

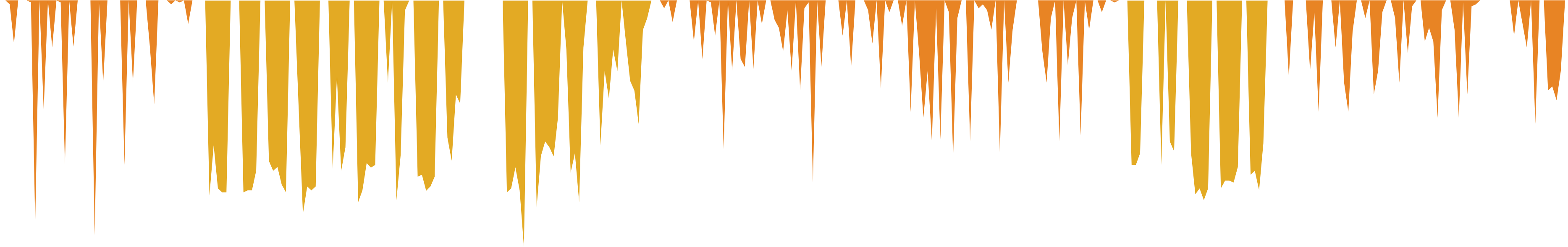
The first time I used a computer was when I was 6 years old. We got it on black Friday at Best Buy. There was a guy inside a large foam version of their tag logo who wanted to shake my hand. I refused. It wasn't long before we were home and I was playing games on that beast of a CRT screen.

Nowadays I use computers as a tool rather than a toy. There is still a little game play, but the kind of programs I play with now are also used for working on designs. Since computers are an integral part of what I like doing, the time spent on them has grown.

Just shy of half the time I'm awake is spent in front of a monitor. Sure they are slick LED screens now, but that is a pretty huge portion of time. I would have never guessed it was that much if there wasn't a record of exactly what I was doing and for how long. Looking over this project revealed that a third of my life is spent sleeping. Another third is on a computer. Everything else is in the last third.

To record the activities on my computer I use a program called ManiacTime. This captures a ton of highly specific and accurate data like the seconds I have a particular file open in a program, or every URL visited. Most of this information was too specific, but after merging all the seconds to daily totals it became manageable. The time specific data showed how much I jumped around, but the content was hidden.

My activities on computers at work and school were recorded by mentally tracking the time spent with each program, then writing it in my notebook later. This data doesn't have the exact duration in seconds or time of day, but it is close.

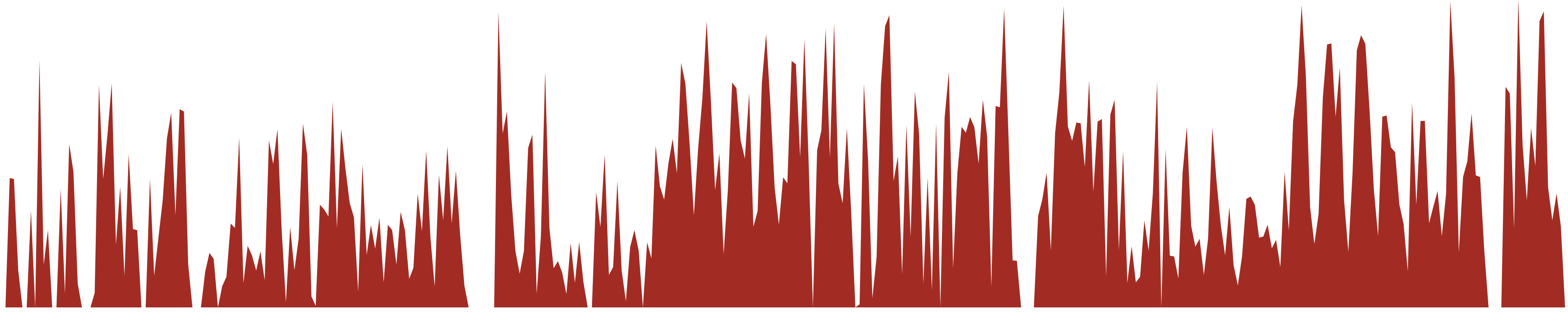


There are three places I use computers. Most of the time it is in my room on mine, but I spend many hours at work and school sitting in front of screens pushing buttons. Part of me loves them because I can create the visions in my head that my hands can't. At the same time I'm trapped in a box.

Time at home or school are clear because when I am home, I'm working. The golden rhythm of tall hills, then short valleys reveal my work week of Monday-Friday with the weekends off. When I am working the time spent on my computer decreases because after an eight or nine hour day of screens it is hard to want more.

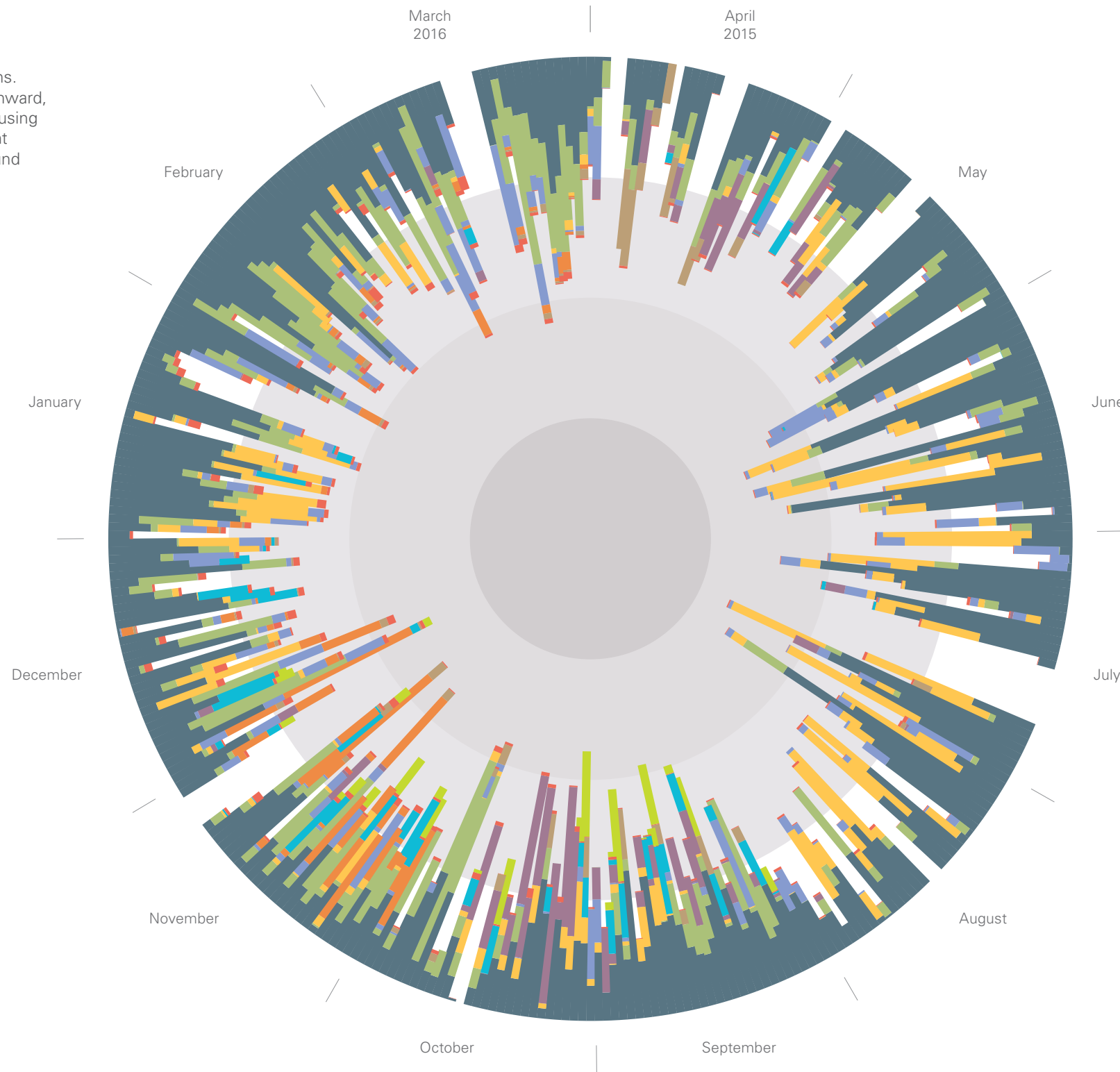
School **Work**

Mine

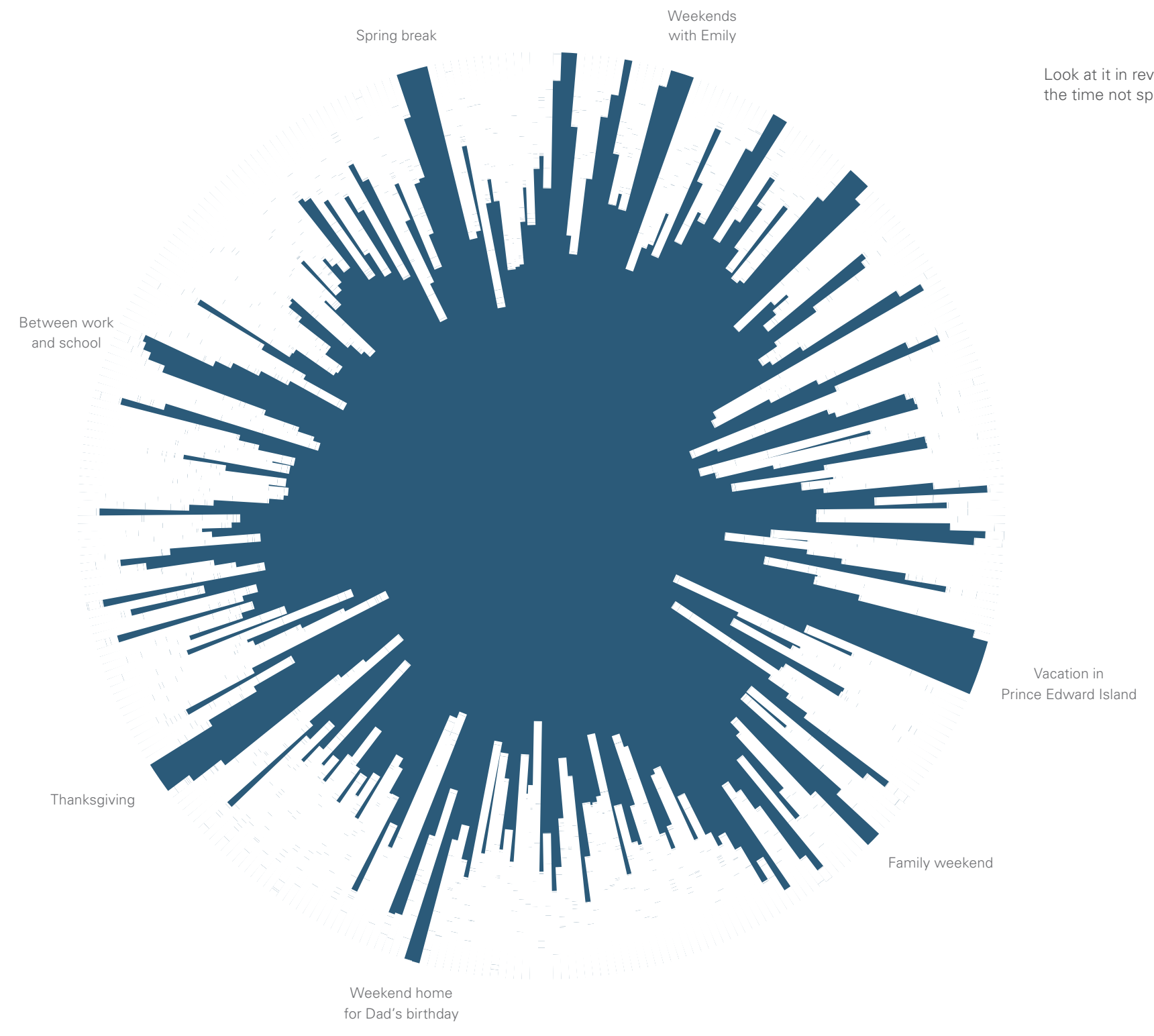


These are my 10 most used programs.
Starting at the outside and moving inward,
the lengths of bars represent hours using
the programs. Full to the center point
would be 24 hours, so the rings around
it represent 6, 12, and 18 hours.

- Chrome
- Illustrator
- Photoshop
- Excel
- InDesign
- Processing
- Word
- Notepad++
- Explorer
- Kindle



Look at it in reverse and the dark area is
the time not spent looking at a monitor.



Google is one of my favorite sites because

I have an endless need for useless answers. It is also a great spell checker and calculator.

This is one year of Google searches in chronological order. You can see groups of related searches, then a bunch of random ones.

Red is data related.

Green is music

Blue is design.

You might want to try that magnifying lens from a few pages back.

umass darmouth address
padding info
border media div
align image right
browsers
active page nav change
css
119 massachusetts
align center vertical
waterfont
switch on/off
pinch firm
constellations identification from photo
in the Court of the Crimson King
evenly spaced objects css percent
does facial har grow as fast as scalp
things to do with friends
mology
things to do search
vcs
css border inside div
scars visible when aged
border: 1px
a link, css
traffic signs 495
mass of dry air
mass of dry air foot
mass of dry air feet
amiable
350072 rock
Disenchanted
meantrops
define vie
Dynamic speed bumps
Use distance from origin
Dover Saddler
ubiquitous
maternity
suprise mother fucker
paternity
monarchy
ark
lily symbolam
the most infarnous foot
levely
moment of silence
porkaj
porkaj book printing
booklet printing
red cross brand book
at indexes by the book standard
Electrolux
Ouro
the navigators triangle
ouro gold
powerful
17*23
1338
1900
1923
1964
2418
7129
69536
121234
293197
7150972
124830690
124860009
Great Lakes Educational Loan Services
US DEPT OF EDUCATION
Dependent Verification Worksheet
Dependent Verification Worksheet
dependent verification worksheet 2014-15
2015-2016 Dependent Verification Worksheet
seampunk wallpaper
neto
Dreampunk
mechanical being
mechanical beast
mechanical behemoth
mechanical spider
mechanization instambul
mechanization instambul german
geosynchronous
geostationary
geological ball
how many nanometers in an inch
darmouth police
darmouth police logo
umass darmouth police log
creativit
creative data visualization
wind
smashing magazine
daytum
frequency table
frequency table online
cathay
either religion
excel file empty cells with 0
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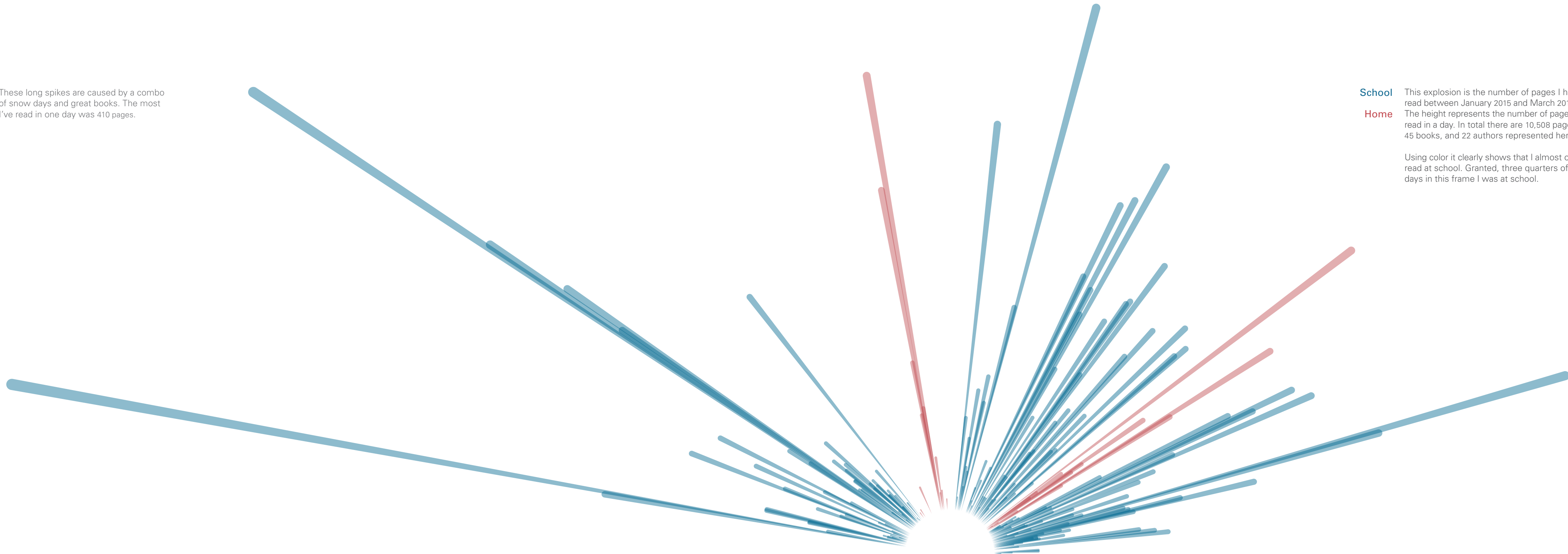
Liesure Amusement and guilty pleasures

Some of the things I like to do are things that get recorded to make sure they don't eat too much of my time. These have a different sort of tone than the fun curiosity that drives other record keeping and graph design. Some habits are monitored like bears at the zoo. Neat to see when contained, but can fuck your stuff up if they get out of control.

Reading is not bear, but I love it anyway. It is something I don't mind feeding the majority of my day to. That can be dangerous if I am using it to avoid doing other work. It is tricky because it feels like a positive habit. It trains me to focus on one thing and remain with it for an extended amount of time. Unlike television that entertains, books feel like they enlighten and by leaving the exact details abstract it lets my imagination go where it wants.

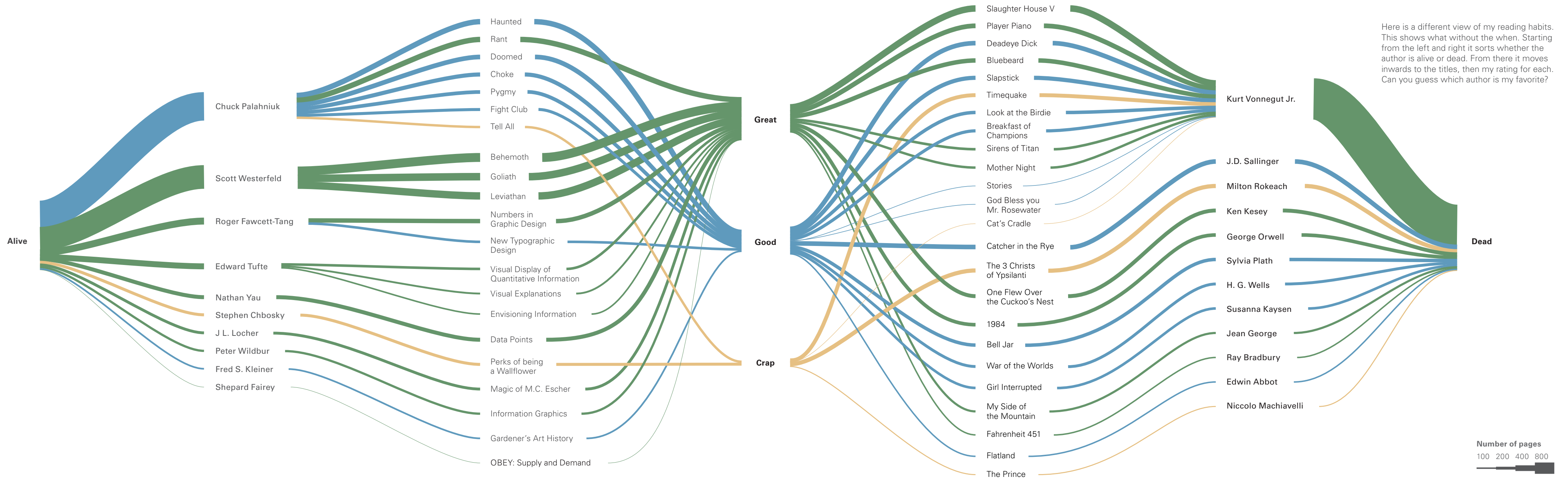
If we continue with the bear simile, drinking would be a grisly bear and smoking would be a panda. The dangers of a grisly bear are obvious. That makes them easier to avoid, but pandas seem like big stuffed animals. It is easy to forget they are bears who can be just as hazardous. Maybe not with claws and teeth, but by being lazy and stupid.

These long spikes are caused by a combo of snow days and great books. The most I've read in one day was 410 pages.



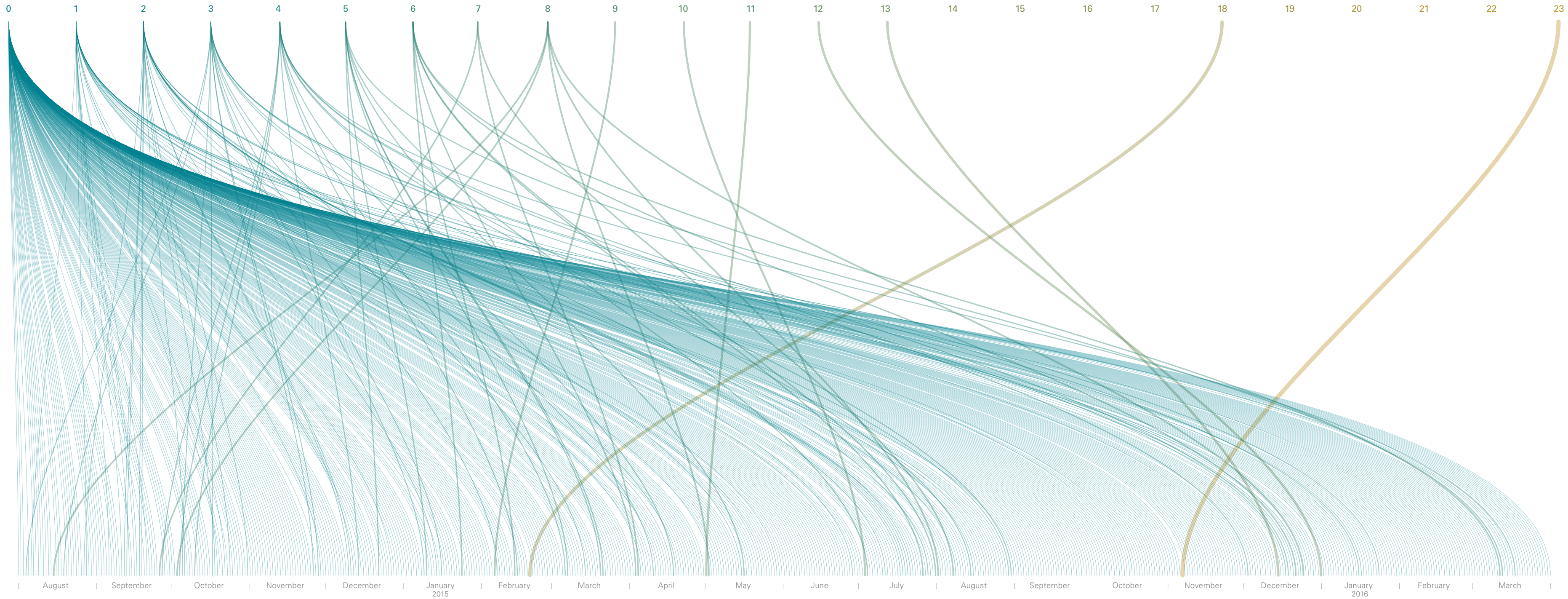
School This explosion is the number of pages I have read between January 2015 and March 2016. The height represents the number of pages read in a day. In total there are 10,508 pages, 45 books, and 22 authors represented here.

Using color it clearly shows that I almost only read at school. Granted, three quarters of the days in this frame I was at school.



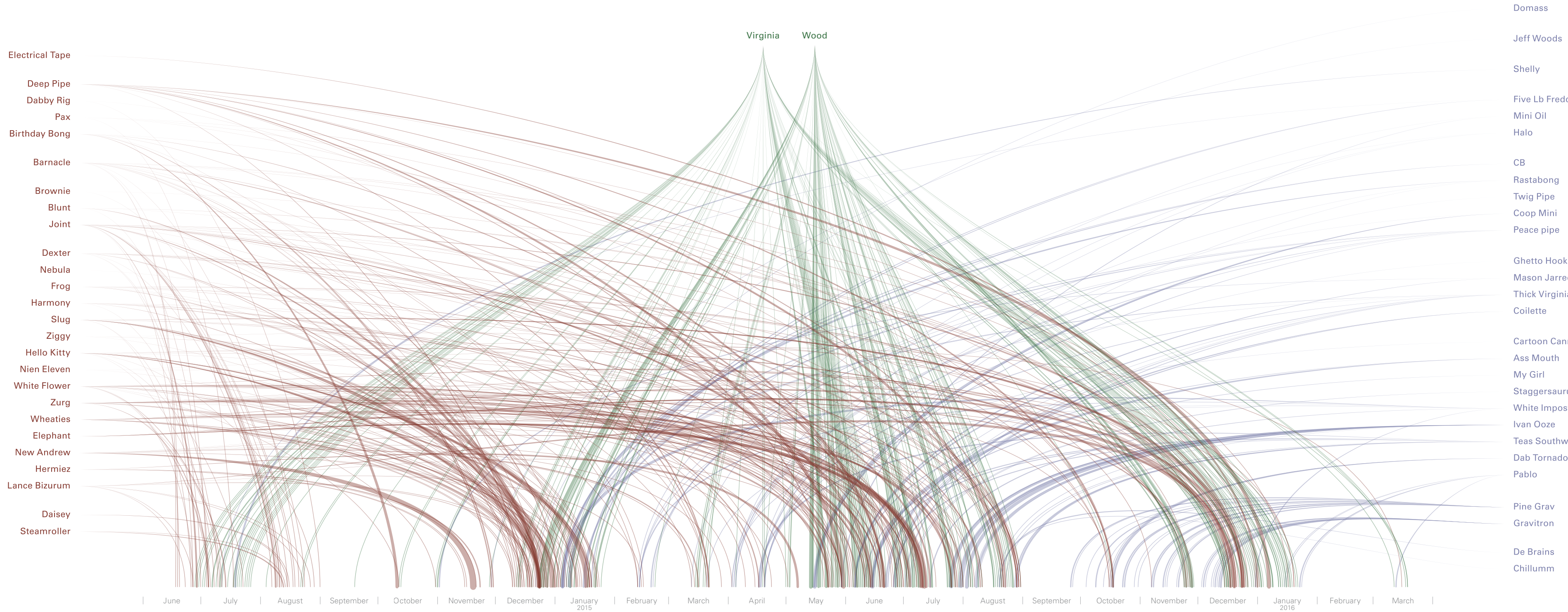
Here is a different view of my reading habits. This shows what without the when. Starting from the left and right it sorts whether the author is alive or dead. From there it moves inwards to the titles, then my rating for each. Can you guess which author is my favorite?





This shows how much alcohol I drank in the past 20 months. The numbers on top show how many drinks I had. That ranges from shots, to glasses of wine, and moonshine soaked cherries. Most of the time there is nothing to record. That absence is important because it shows the balance of yes and no.

Even when I do drink, it is rarely excessive. Other than a few outliers on the right side, most are moderate. This is probably because I don't find alcohol particularly enticing and getting completely hammered isn't something I aim for. It also has a lot to do with my need to remain in control. Or my inability to let go.



This one was the most difficult to share. It shows how much pot I have smoked and which piece was used. The left side has the pieces that belong to family members, right side is friends, and the two in the center are mine. They are grouped by owner, but I have intentionally left who they belong to unlabeled.

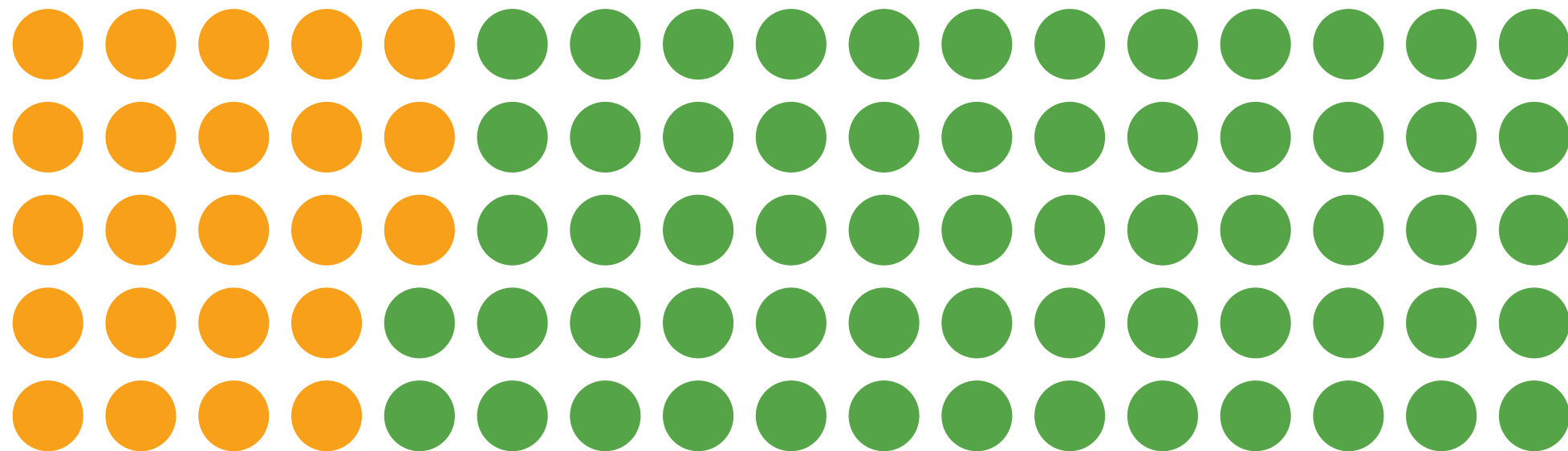
The dense clusters are when I am home. At school I smoke much less, or not at all. This semester in particular is a good example because between January 25th and March 31st, the only time I smoked was over spring break. That is also the only time I went home. Coincidence?

For the most part it is in check because I keep it seperated from other areas of my life like work and school. I have never smoked before work or class. That is important to me. Like everything, there are variations over time that swing between control and disorder.

Recording my consumption is really the reason I started recording anything. It felt like I was smoking a lot, but it was hard to tell. So this made me accountable to myself. It also quantified an intuitive feeling. Once I started recording this it was a short step to keeping track of other habits.

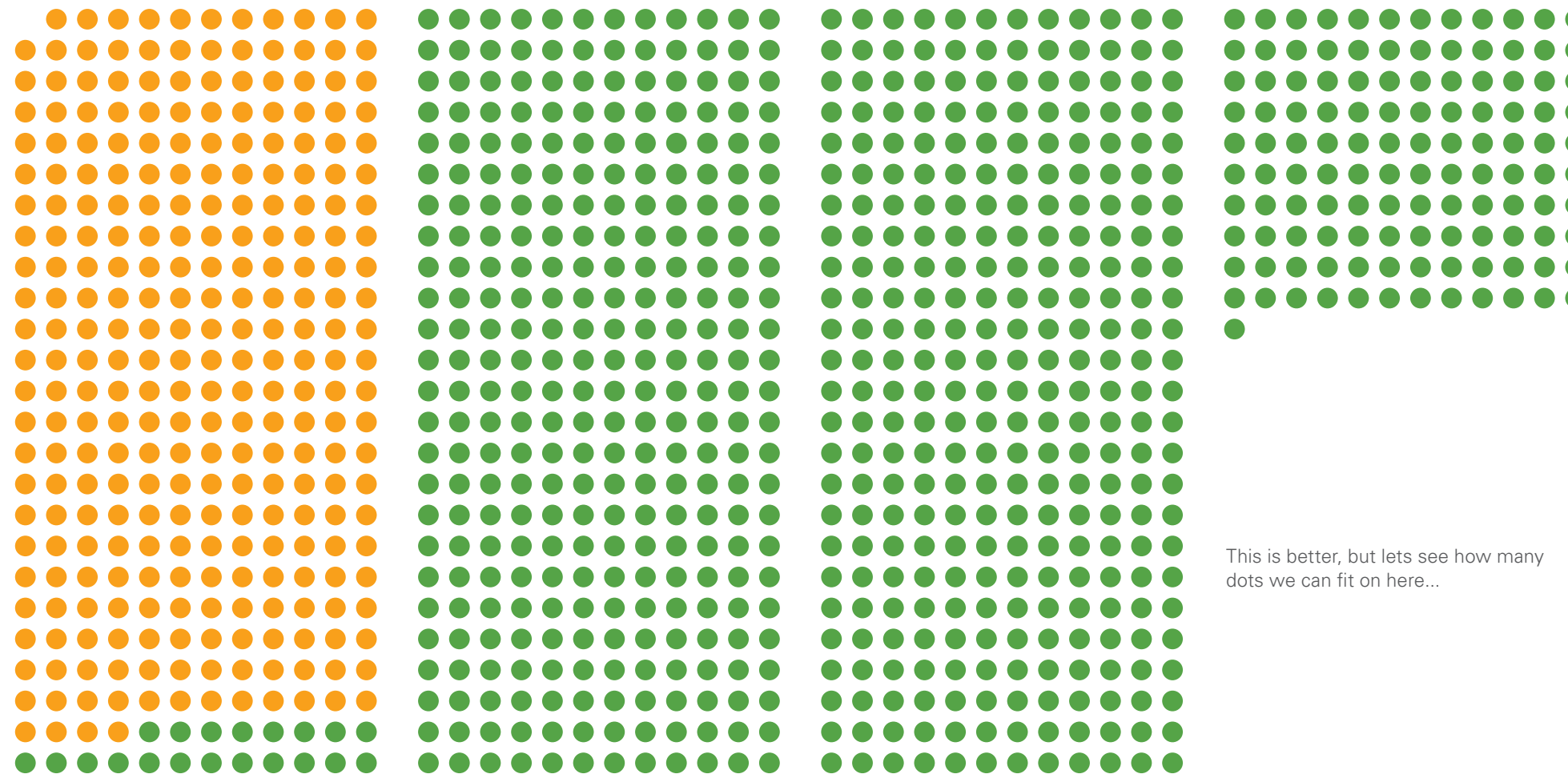
Monitoring my habits has had limited effects on deterring me from them completely. At no point have I set out to stop either. This just chronicles what I do. There are no goals to change, but changes do naturally occur when a graphic like this affects how I feel.

I am 23 years old.
The average life span in America is 79, but I'm feeling lucky, so lets suppose I live to be 85. That would mean 62 more birthday cakes.

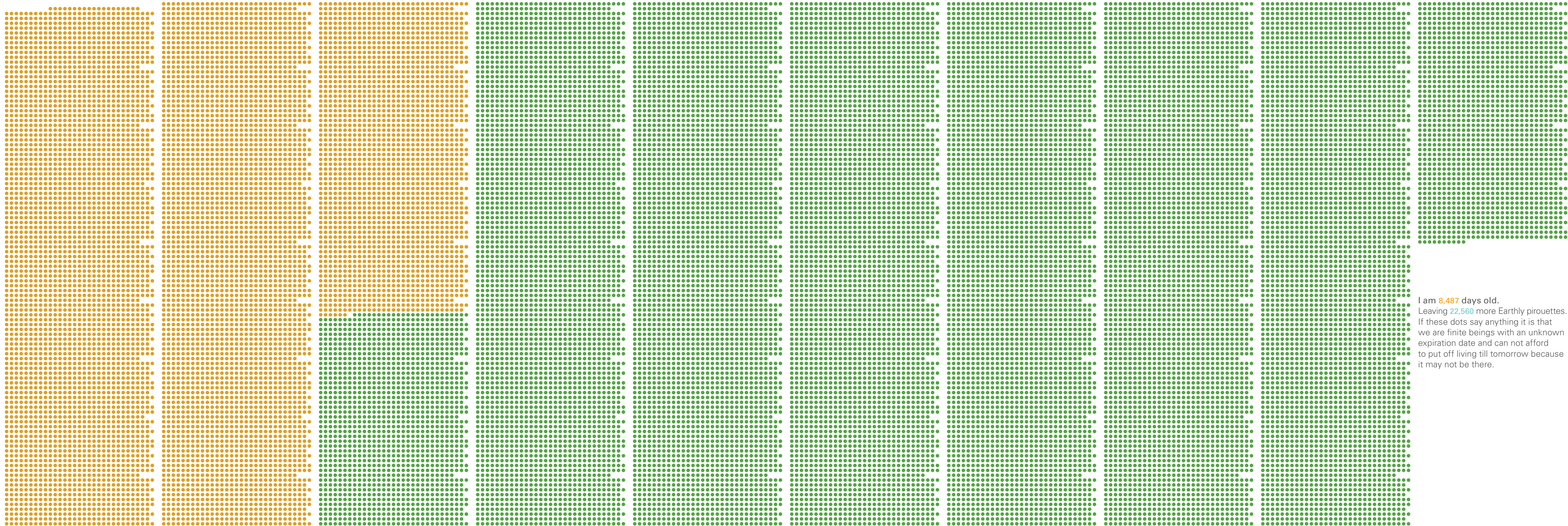


That does not look like very much.
Lets see if we can stretch this out
a little longer...

I am 279 months old.
That means there are 741 more overdue flips
of calendar pages. Seeing life this way makes
it clear I have lived over 1/4 of my life already.



This is better, but lets see how many
dots we can fit on here...



I am 8,487 days old.
Leaving 22,560 more Earthly pirouettes.
If these dots say anything it is that
we are finite beings with an unknown
expiration date and can not afford
to put off living till tomorrow because
it may not be there.

Enjoy today



This book is set in Univers 45 light, 55 roman,
65 bold, 47 light condensed and 57 condensed.

Printed on Neeham Paper's, Classic Crest
80# Avalanche White.

May 7th, 2016

