

YO Life Stats 2010

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1 Introduction

As a taiko musician, I have the singular joy of creating music I love with people I love. I spend my days practicing, performing, writing, studying, cooking, and thinking. I choose my projects and I set my own schedule. As payment for this indulgence, I hope to create music and food and ideas that are worth the costs of my consumption. This means trying to make great things, and trying to consume as little as possible in the process.

My work boils down to small, day-to-day decisions. Do I prefer this rhythm or that one? Should I practice, or clean the apartment? Organic oranges or locally-grown apples? These tiny decisions carry surprising gravity - their sum represents my life and my life's work.

And yet until now I have had few ways of evaluating my progress. I try to limit how much I drive and how much trash I produce, but what changes really make a difference? Am I doing better this year than last?

In 2009 I began recording my taiko practice time and generating daily graphs of my progress. It was a revelation. The data provide continual insights into the challenges of daily practice. I know know what 100 hours of practice really

entails. The graphs are surprisingly motivating; a bit of validation for work that is necessarily solitary.

This annual report is an attempt to generate a similar system for the other aspects of my life. It provides a structure for evaluating the small, daily decisions. It is a review of me.

2 Stats Summary

Notable Experiences

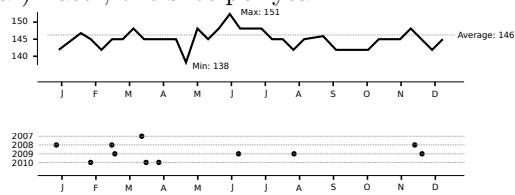
3 Life Stats

3.1 Health



Photo montage (one shot per month for one

year) Later, one shot per year.



	2009	2010		
Hiro health statistics	Days sick	4	3	
	Injuries	0	0	
	Work days missed	2	1	
	Average stress level	3.5	3.7	
	Total "Activity Score"	6	7	(1=bad, 10=good. See below)
	Miles run	41	35	
	Num. workouts	15	30	
	Average daily pedometer	2270	3122	
	Average Body Mass Index	25	23	(NIH Rec. 18.5–24.9)
	Average sleep (hours)	7.5	8.2	
	Total Blood Cholesterol	163	155	(AHA Rec. < 200)
	Triglycerides	89	84	(AHA Rec. < 100?)
	LDL	101	99	(AHA Rec. < 130)
	HDL	160	155	(AHA Rec. > 200)
	Total "Colitis Score"	10	10	(1=bad, 10=good. See below)
	Num. flare-ups	0	0	
	Medication dose (pills/day)	7	6	
	Missed/forgotten doses	9	0	
	Last dental checkup	"great"	"excellent"	
	Num. cavities	3	0	
Probe depths	3-4	3-4		

3.2 Consumption

Annual CO2 Production Per Person

	2009 CO2	2010 CO2
Electricity	3.11	0.85
Nat. gas	4.55	0.22
Air travel	4.63	4.25
Gasoline	6.23	55.26 *
Public trans.	0.01	?
Paper recycled	5.62	5.26
Plastic recycled	7.77	2.66
Steel/Alum. recycled	0	0.01
Food scraps	1.63	5.26
Non-recyclables	3.37	3.26
Non-food consumables	0.62	0.85
Electronics purchases	3.62	2.52
Other purchases	0.99	0.90
Total	32.01	63.88

* New accounting method as of 1/1/2010.

		2009	2010
Fun facts	Num. drum sticks consumed	24	26
	Num. shamisen batchi consumed	68	75
	Num. toilet paper rolls / person	30	35

Food num meals out, weekly or monthly average things cooked blocks of tofu
 eaten new recipes dietary changes percentage of purchases organic/local

3.3 Time Usage

3.4 Creations

3.4.1 Work - JCI Gardens Apartments

average daily hours worked stress level hourly wage raises (Q-EOY-Any raises?)

3.5 Finances

income total, line-graph annual income sources pie graph expenses total, categories pie graph (EOY - Gnucash) retirement savings line graph month (*Monthly reminder to record schwab donations / curr total) percent income donated? (EOY - Gnucash)

3.5.1 Work - On Ensemble

- Administrative average daily hours worked (average daily hours worked on admin from Rachota/kTimeTracker) hourly wage (Q-EOY-Calculate hourly pay. (TimeOnRoad+InTownPerfs+AdminWork/totalAnnualPay))
- Taiko Practice hours practiced (*EOY prac-data-calculate total hours, average daily time) number of batchi consumed breakthroughs / new techniques
- Shamisen Practice hours practiced (*EOY - Rachota for shamisen practice hours?) number of ito consumed breakthroughs / new techniques
- Turntable Practice hours practiced (*EOY - Rachota for TT practice?) breakthroughs / new techniques
- Composition hours composing (*EOY - Rachota for composition?) minutes of music composed works completed (*Monthly reminder to note started, finished pieces) time to completion (*EOY - calculate new piece time to completion from)
- Performances locations total On time on road highlights

3.5.2 Solo Artist

3.6 Travel

one-sentence summary (how the results mesh with goals) size dots on world map blue/red/purple (Hiro/Kris/both) pie graph of percentages per person days at home major slice time in house vs time on errands days out of town in CA days out of town other USA days out of town abroad out of town for work vs vacation (vs both)

3.7 Stuff

major purchases percentage of things purchased still in use after 1 year Clothing
tshirts received Shorts-rule tracking

3.8 DIY

top 5 things made per person soap bars made / used average life of bar soap
boxers hours spent on top 5

3.9 Books/Magazines

num books read books purchased per person books checked out per person books
borrowed per person list of top 5 per person *book list per person name cover
image one-word description

number subscriptions total number mags read top 5 articles

3.10 TV/Movies/Videos

list of top 5 movies per person list of top 5 tv shows per person list of top
5 online videos per person *Rachota online videos category *list of great vids
number of online videos watched per person percentage of hours of all content
by source bittorrent hulu netflix other percentage of total content (by hour)
watched legally percentage of hulu videos seen without commercials percentage
of "open" content (by hour) Video version chronological list of all movies seen
scroll down zoom out movies shuffle into ranked order from best to worst zoom
back in as scrolling up to reveal top 5

3.11 Miscellaneous

volume of data (on chappa) (*EOY - du -h /data/) web usage (about:me stats)
*install about:me

4 Data Collection and Calculation Notes

5 References

This page with click-able links is available at OnEnsemble.org/blah/blah

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