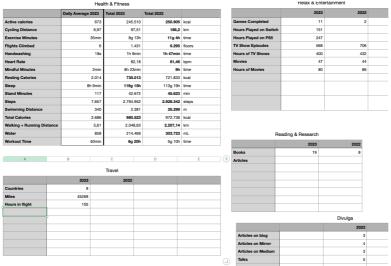
## Onchain Quantified Self (OQS)

I'm a bit of a quantified self man. I track most of what I do, be it watched TV shows, water intake or workouts.



I'm not super-obsessed, but I always love to expand what I can track. And onward that everything's coming onchain, I bet more and more people will love to have an onchain version of themselves.

This can happen in different ways:

- Via Soulbound Tokens (SBTs), that represent a unique identity onchain;
- Via Smart Accounts, to execute gasless transactions to, for example, make attestations about some events like runs, rides, or whatever else;
- Via ZK proofs, to prove you can be part of a group by proving you made something without revealing what you actually did.

I imagine whole web2 platforms can be recreated in pieces onchain. Like Strava:

- You access to web3strava connecting your account, and your SBT gets validated onchain and linked to the platform's identityRegistry contract onchain (much like Farcaster, but that doesn't use SBTs, only wallet address)
- You track the social graph on Farcaster or Lens to suggest new follows
- Every time you complete a run/ride/workout, an attestation is published with no gas needed, and in real-time.
- Attributes from each attestation cumulate to track overall stats
- The Identity SBT could own / be linked to other SBTs, each tracking a macro-topic, like FitnessSBT, EntertainmentSBT, TravelSBT, etc.
- Attestation data could update attributes on each specific SBT
- ZK proofs can attest achievements without revealing personal data, so users can unlock rewards in total privacy

This is basically Quantified Self, but Onchain.

## #crypto #web3

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