



# 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.

Health & Fitness				
	Daily Average 2023	Total 2023	Total 2022	
Active calories	673	245,510	250,905	kcal
Cycling Distance	6.97	97.51	186.2	km
Exercise Minutes	35min	8g 13h	11g 4h	time
Flights Climbed	6	1,431	6,295	floors
Handwashing	18s	1h 9min	1h 47min	time
Heart Rate		82.18	81.46	bpm
Mindful Minutes	2min	8h 23min	9h	time
Resting Calories	2,014	735,013	721,833	kcal
Sleep	8h 9min	119g 15h	113g 19h	time
Stand Minutes	117	42,672	45,623	min
Steps	7,657	2,794,952	2,928,342	steps
Swimming Distance	340	2,381	25,299	m
Total Calories	2,686	980,523	972,738	kcal
Walking + Running Distance	5.61	2,048.63	2,207.14	km
Water	858	214,469	303,723	mL
Workout Time	50min	6g 20h	5g 10h	time

Hobbies & Entertainment		
	2023	2022
Games Completed	11	2
Hours Played on Switch	151	
Hours Played on PS5	247	
TV Show Episodes	568	706
Hours of TV Shows	400	432
Movies	47	44
Hours of Movies	80	86

Reading & Research		
	2023	2022
Books	19	8
Articles		

Travel		
	2023	2022
Countries	9	
Miles	45269	
Hours in flight	105	

Divulga		
	2023	
Articles on blog	3	
Articles on Mirror	4	
Articles on Medium	3	
Talks	5	

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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