

## Appendix 1: List of SQ tools available at self-quantification Lab

The table below presents a list of all SQ devices available at Health and Biomedical Informatics Centre at the University of Melbourne self-quantification Lab since 2013.

Data type	SQ Device
<b>Physical Activity</b>	Body Media FIT
	Body Media FIT Wearable Display - BS100735
	BodyMedia FIT + Armband + Display BS 100734
	BodyMedia FIT Display Wristband Accessory - BS100179
	Fitbit Flex
	Fitbit Zip
	Fitbit Zip Wireless Activity Tracker
	iWatch
	Jawbone Up
	Misfit Shine
	Phyode W/Me Tracker
	Polar RCXBike
	Samsung Galaxy Gear Smartwatch
	Sense U Activity
	Suunto Ambit2GPS+Hearth Rate Monitor Watch
	Withings Pulse Wireless
<b>Weight</b>	Accumeasure Fitness 3000 Body Fat Tester
	Fitbit Aria Wi-Fi Smart Scale - FB201B
	Withings Smart Body Analyzer
<b>Sleep</b>	Fitbit One Wireless Activity and Sleep Tracker - FB
	Lark Pro Sleep Monitor Silent Alarm Clock and Personal Sleep Coach
	Renew Sleep Clock - PG 754
	Sleep Tracker
	Zeo Mobile Sleep Management System ZEOMBL1 + docking station
<b>Blood</b>	Beurer Mobile ECG Device - ME80
	Beurer Upper Arm Digital Blood Pressure Monitor - BM58
	Garmin Forerunner Heart Rate Monitor
	IBGStar Blood Glucose Meter Kit
	iHealth Wireless Blood Pressure Monitor Upper Arm Cuff - IH-BP5
	iHealth Wireless Pulse Oximeter - IH-PO3
	Tinke Heart Rate Monitor - 2414458
	Viiiiva Dual Heart rate Monitor
	Withings Blood Pressure Monitor
<b>Environment</b>	Tempe Wireless Temperature
	Lapka Personal Environment Monitor for iPhone
<b>Respiratory</b>	Airsona
<b>Brain</b>	Mind Reflector
	Mindwave Mobile
<b>Posture</b>	LUMO - Back Posture Sensor
<b>Microbial structure in human body</b>	WiTouch Pro Tens - Pain Management
	ubiome
<b>Cell structure</b>	23andMe