



1 In the seventeenth century, Samuel Pepys the most famous diary in the English language. He the diary in 1660 and it in 1669. Pepys wrote about important events in the history of England and about the lives of famous people. His diary also the everyday lives of his family and other people in London. So his diary is very useful for historians in the twenty-first century.

2 Today, some people still keep diaries. In a recent survey of 500 people, 23% said they wrote in their diary regularly; one in five men and one in four women. This included over 35% of people between the ages of 18 and 34. People between the ages of 35 and 64 don't often keep a diary—probably because they are busy with careers and family life—but 35% of people over 65 keep a diary.

3 In the twenty-first century, a lot of people want to share their lives. They record the things they do with digital technology. This is called *lifelogging*. In 2000, Gordon Bell famous as the first lifelogger. He a camera around his neck that automatically took a picture every 30 seconds. In this way, Bell made a digital diary of his life. Nowadays, everyone is a lifelogger—we take photos of what we had for breakfast, post comments on social media about the news, and make videos of events in our lives. We also wear fitness trackers so we know how much exercise we got and where we went.

4 So, just as modern historians read the diary of Samuel Pepys and learn about life more than three hundred years ago, maybe historians in the future will look at our photos, videos, and comments and learn about our lives in the twenty-first century.

Reading

1 Look at the sentences about what someone did last week. Complete the sentences with these verbs. Then tell your partner which sentences are true for you.

made posted took wore wrote

- 1 I in my diary.
- 2 I photos and shared them with friends.
- 3 I a fitness tracker and went running.
- 4 I a video with my phone.
- 5 I comments on social media.

3 Read the article and match the paragraphs (1–4) to the topics (a–d).

- a the first *lifelogger*
- b the diary of Samuel Pepys
- c people who keep a diary today
- d the benefits of lifelogging