

LIFELOGGING

a twenty-first century diary



In the seventeenth century, Samuel Pepys wrote the most famous diary in the English language. He began the diary in 1660 and finished it in 1669. Pepys wrote about important events in the history of England and about the lives of famous people. His diary also described 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 became famous as the first lifelogger. He wore 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.

Part1: After you read Lifelogging 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 ____

Part2: Read the passage again and then answer the following questions according to what you understand from the reading.

1. What did Samuel Pepys write about in his diary?_____
2. What percentage of people keep a diary nowadays?_____
3. Who are more likely to keep a diary—men or women?_____
4. Who was the first *lifelogger*?_____
5. How do many people record and share their lives nowadays?_____
6. In the future, why might people look at our photos, videos, and comments?_____