

Source:

[https://www.ted.com/talks/gary\\_wolf\\_the\\_quantified\\_self](https://www.ted.com/talks/gary_wolf_the_quantified_self)

Watch the video and answer the following questions:

1- What time did the speaker wake up in the morning?

- A) 6:00 a.m.
- B) 6:10 a.m.
- C) 7:00 a.m.
- D) 7:10 a.m.

2- How many minutes of exercise did the speaker have yesterday?

- A) 0 minutes
- B) 30 minutes
- C) 60 minutes
- D) 90 minutes

3- What was the speaker's heart rate upon awakening?

- A) 60 beats per minute
- B) 61 beats per minute
- C) 70 beats per minute
- D) 80 beats per minute

4- How many milligrams of caffeine did the speaker consume?

- A) 0 milligrams
- B) 200 milligrams
- C) 400 milligrams
- D) 600 milligrams

5- What is the main subject of the speaker's talk?

- A) Technological advancements
- B) Social media usage
- C) Self-tracking and reflection
- D) Biometric devices

6- What type of sensor is in a Fitbit device?

- A) Blood oxygenation sensor
- B) 3D accelerometer
- C) Pressure sensor
- D) GPS transceiver

7- What is the purpose of the Nike+ sensor mentioned in the talk?

- A) Tracking sleep patterns
- B) Monitoring heart rate
- C) Measuring pace and distance
- D) Recording asthma incidents

8- What kind of data does the new sleep tracking device provide?

- A) Only whether you're asleep or awake
- B) Phase of sleep (deep, light, REM)
- C) Environmental factors
- D) Blood oxygenation levels

9- What is the purpose of the GPS transceiver in the asthma inhaler mentioned?

- A) Monitoring heart rate
- B) Tracking asthma incidents
- C) Measuring blood oxygenation
- D) Analyzing sleep patterns

10- What does the speaker suggest about the Apple Earbuds' biometric features?

- A) They are primarily for biometric security.
- B) They are mainly for public health research.
- C) They are solely for avant-garde marketing research.
- D) They can also serve the purpose of self-knowledge and improvement.