01	150	120	135	140	145	105
02	120	135	140	115	130	135
03	110	100	100	105	105	100
04	115	115	120	115	115	100
05	110	110	100	100	115	110
06	110	120	120	115	110	130
07	120	120	115	110	110	120
08	110	110	120	130	125	120
09	120	155	105	100	120	140
10	145	120	120	125	120	130
11	125	105	110	130	100	120
12	125	155	140	140	140	105

Fig.061 Screenshot of one month worth of recorded heart-beats. The increasing and decreasing of the values is a characteristic of different training sections where I usually reach a pick to then slow back down. Over the years I became less of a sportsman concentrating my physical activities in taking care of my family and building artworks in the mountains.

HEARTBEATS 01

Every time I train, I record the highest heartbeat I reach every two minutes. I then round it up using one of the following Beats Per Minute values: 100 BPM, 105 BPM, 110 BPM, 115 BPM, 120 BPM, 125 BPM, 130 BPM, 135 BPM, 140 BPM, 145 BPM, 150 BPM, 155 BPM. In this fashion every month I collect 72 of these values, biking or running or generally training for 144 minutes on average. While this amount may seem small, it is what I conceived as a sufficient compendium to my already active life where walking is the main physical activity. Initially, I annotated my heartbeats timing my run around a green area such as the baseball field in East Cambridge, Massachusetts. Later I switched to a watch with a heart rate sensor to be able to train more freely. With the watch doing the tracking for me I was able not only to run wherever I wanted but also to do other kinds of activities such as biking but also digging the foundation of my ark. Lastly I have been able to perceive these beats without the use of any sensor becoming quite accurate to annotate a particular beat in relation to a particular effort I accomplish. In this sense, the technological medium has only enabled me to become aware of my physical effort. I gladly got rid of the technology and began using my brain alone to be aware of myself.