

Self-Tracking Devices



Created at: 26.02.2019
Created by: Scout 4strat
Modified at: 24.05.2020
Modified by: Alun Rhydderch

Description

Inexpensive and easy-to-use technologies are transferring the do-it-yourself principle to the healthcare sector too. Self-tracking is a new level in the sense of self, whereby people focus on the quantification of their own activities and performance data. A technological basis is formed by biofeedback sensors in wearables and they measure physical functions like heartbeat, skin temperature, muscle tension and brain waves. This makes emotional and somatic conditions more visible and they are used to optimize lifestyle and health.

Tags

apple watch **fitness tracker** **health tracking** **self-tracking**

STEEP

- Social
- Technological

Links

TRENDS

Biometrics and Human-Machine Interface
Rise of Wearables

Projects

RTA Future Scanning - Information & Trends

Rating criterion	04.06.2020
Importance	