

Activity Tracking *in vivo*

Ruben Gouveia, Evangelos Karapanos & Marc Hassenzahl

activity tracking in **everyday life**

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“the term lived informatics is meant to mean that people are using information and finding its meaning in their day-to-day live”

Personal Tracking as Lived Informatics

John Rooksby, Mattias Rost, Alistair Morrison, Matthew Chalmers

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Personal Tracking as Lived Informatics

John Rooksby, Mattias Rost, Alistair Morrison, Matthew Chalmers

“people collect, integrate, and reflect on data **simultaneously.**”

A Lived Informatics Model of Personal Informatics

Daniel A. Epstein, An Ping, James Fogarty, Sean A. Munson

“the coordination between technology and the surrounding environment of use may be lost when studies as solely focused on self-reported methods.”

From in the wild to in vivo: Video Analysis of Mobile Device Use.

Donald McMillan, Moira McGregor, and Barry Brown



How Do We Engage With Activity Trackers? A Longitudinal Study of Habito

Ruben Gouveia, Evangelos Karapanos & Marc Hassenzahl

motivations of use are shadowed when
focusing solely on data acquired knowledge

goals

#1 what are the motivations leading to the use of trackers?

#2 how is tracker use coordinated with the surrounding environment?



recording phase
12 participants, 2 days of recording.

Fitbit Charge HR

7 participants



physical activity feedback



time



notifications incoming calls



physical activity feedback

Fitbit Flex

5 participants





reconstruction phase
184 hours of footage, 244 usage sessions

tracker use

Fitbit HR

1.8 sessions per hour

0.6 sessions per hour

Fitbit Flex

tracker use

Fitbit HR



0.6 sessions per hour



Fitbit Flex

tracker use

physically active

1.1 sessions per hour

0.3 sessions per hour

sedentary



mediating the impact of upcoming courses of actions towards **target behaviors**

“it gives a sense of security... seeing that you're doing OK... sticking to your target, before taking that next step”.



learning in a glance

"I am still surprised to learn how many steps I get each day with little things like chores around the house or walking around with my dog. Seeing these little things keeps it simple and interesting"

glancing at physical activity and time concurrently

1.8 sessions per hour

0.9



0.2



0.6



physical activity feedback was combined with time checking in 50% of sessions



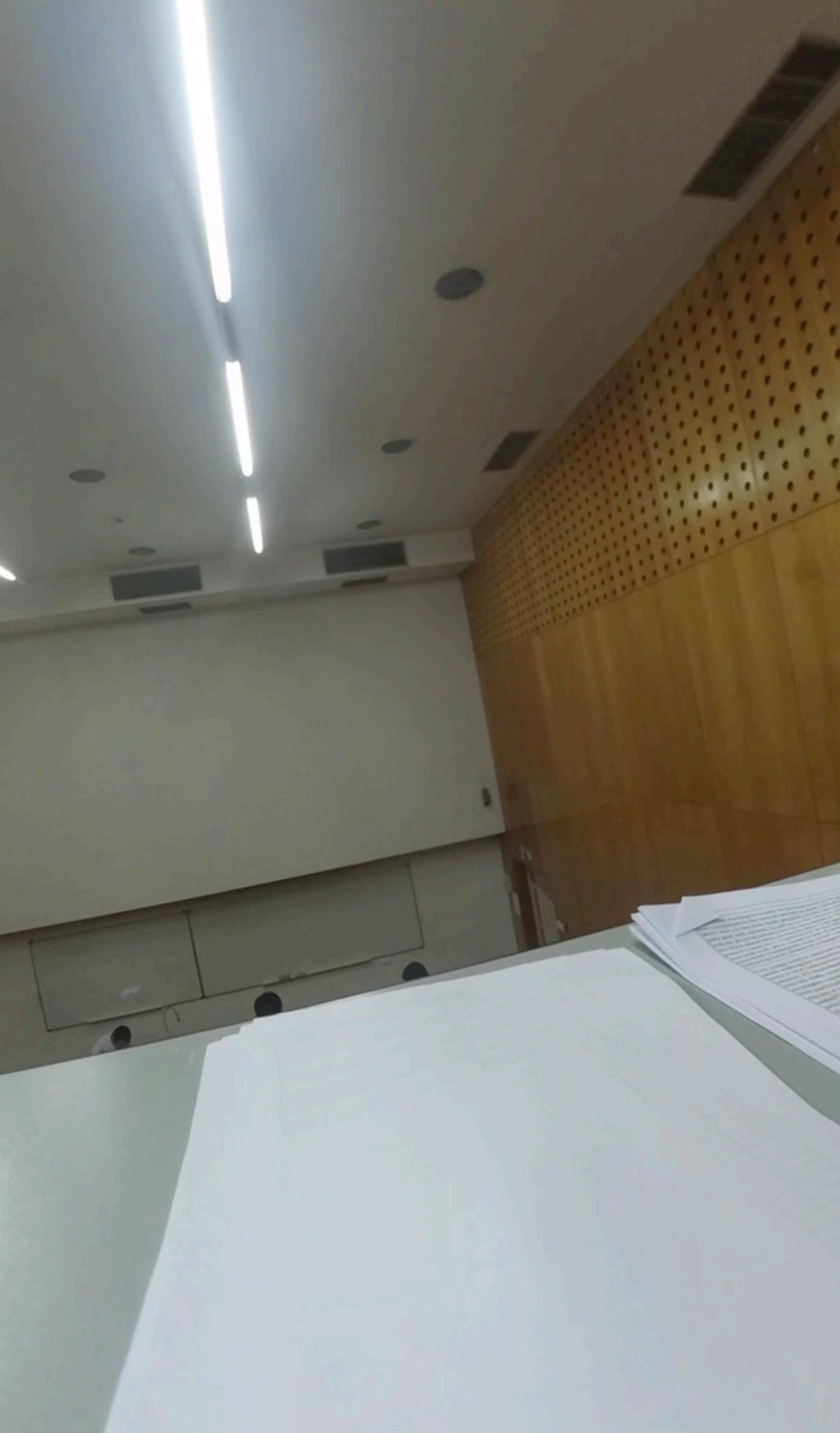
assessing attainability of goals

“it's not only about how many steps I've gained, but also how much time it took me to get there... and how much (time) I still have to complete my goal”



planning future activity

“my rule of thumb is to have 1000 steps for every hour spent at work, but you never know, it might be a busier day (...) I'll tell myself ‘ok, let's take a 10-minute break’ and go for a walk if I see I'm falling behind”



mitigating waiting time and
alleviating boredom

“I rather spend my time checking and thinking of my health
then checking what other people are doing on Facebook.”

design considerations

facilitating learning through glances

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providing normative feedback on
goal accomplishment

design considerations

facilitating learning through glances

providing normative feedback on
goal accomplishment

facilitating micro-plans

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