


## Education

- 2012-(2018)** University of Washington  
Ph.D. Candidate in Computer Science & Engineering (ABD)  
Areas: Human-Computer Interaction, Ubiquitous Computing, Social Computing, Health  
Advisors: James Fogarty, Sean Munson  
Committee: James Fogarty, Sean Munson, David McDonald, Mira Dontcheva, Jessica Hullman  
M.S. Computer Science & Engineering, Winter 2014
- 2008-2012** University of Virginia  
B.S. Computer Science with Highest Distinction  
Advisors: Kevin Skadron, Aaron Bloomfield

## Conference Publications

- 2017** **C11** **Examining Menstrual Tracking to Inform the Design of Personal Informatics Tools**  
 Daniel A. Epstein, Nicole B. Lee, Jennifer H. Kang, Elena Agapie, Jessica Schroeder, Laura R. Pina, James Fogarty, Julie A. Kientz, Sean A. Munson  
CHI 2017 [Acceptance Rate 25%] Best Paper Award, Top 1% of Submissions
- C10** **TummyTrials: A Feasibility Study of Using Self-Experimentation to Detect Individualized Food Triggers**  
 Ravi Karkar, Jessica Schroeder, Daniel A. Epstein, Laura R. Pina, Jeffrey Scofield, James Fogarty, Julie A. Kientz, Sean A. Munson, Roger Vilaradaga, Jasmine Zia  
CHI 2017 [Acceptance Rate 25%] Best Paper Honorable Mention, Top 5% of Submissions
- 2016** **C9** **Reconsidering the Device in the Drawer: Lapses as a Design Opportunity in Personal Informatics**  
Daniel A. Epstein, Jennifer H. Kang, Laura R. Pina, James Fogarty, Sean A. Munson  
UbiComp 2016 [Acceptance Rate 24%]
- C8** **Taking 5: Work-Breaks, Productivity, and Opportunities for Personal Informatics for Knowledge Workers**  
Daniel A. Epstein, Daniel Avrahami, Jacob T. Biehl  
CHI 2016 [Acceptance Rate 23%]
- C7** **Crumbs: Lightweight Daily Food Challenges to Promote Engagement and Mindfulness**  
Daniel A. Epstein, Felicia Cordeiro, James Fogarty, Gary Hsieh, Sean A. Munson  
CHI 2016 [Acceptance Rate: 23%]
- C6** **Beyond Abandonment to Next Steps: Understanding and Designing for Life after Personal Informatics Tool Use**  
Daniel A. Epstein, Monica Caraway, Chuck Johnston, An Ping, James Fogarty, Sean A. Munson  
CHI 2016 [Acceptance Rate: 23%]
- 2015** **C5** **A Lived Informatics Model of Personal Informatics**  
Daniel A. Epstein, An Ping, James Fogarty, Sean A. Munson  
UbiComp 2015 [Acceptance Rate: 30%]

- C4** **Barriers and Negative Nudges: Exploring Challenges in Food Journaling**  
 Felicia Cordeiro, [Daniel A. Epstein](#), Edison Thomaz, Elizabeth Bales,  
 Arvind K. Jagannathan, Gregory D. Abowd, James Fogarty  
 CHI 2015 [Acceptance Rate: 23%] Best Paper Honorable Mention, Top 5% of Submissions
- C3** **From “nobody cares” to “way to go!”: A Design Framework for Social Sharing in Personal Informatics**  
[Daniel A. Epstein](#), Bradley H. Jacobson, Elizabeth Bales, David W. McDonald, Sean A. Munson  
 CSCW 2015 [Acceptance Rate: 28%]
- 2014** **C2** **Taming Data Complexity in Lifelogs: Exploring Visual Cuts of Personal Informatics Data**  
[Daniel A. Epstein](#), Felicia Cordeiro, Elizabeth Bales, James Fogarty, Sean A. Munson  
 DIS 2014 [Acceptance Rate: 26%]
- 2013** **C1** **Fine-Grained Sharing of Sensed Physical Activity: A Value Sensitive Approach**  
[Daniel A. Epstein](#), Alan Borning, James Fogarty  
 UbiComp 2013 [Acceptance Rate: 23%]

## Journal Publications

- 2018** **J3** **Defining Adherence: Making Sense of Physical Activity Tracker Data**  
 Lie Ming Tang, Jochen Meyer, [Daniel A. Epstein](#), Kevin Bragg, Lina Engelen, Adrian Bauman, Judy Kay  
 Proceedings of the ACM: Interactive Mobile, Wearable and Ubiquitous Technologies (IMWUT),  
 Volume 1 Issue 1
- 2017** **J2** **Friends Don’t Need Receipts: The Curious Case of Social Awareness Streams in the Mobile Payment App Venmo**  
 Monica Caraway, [Daniel A. Epstein](#), Sean A. Munson  
 Proceedings of the ACM: Human-Computer Interaction, Volume 1 Issue CSCW [Acceptance Rate 27%]
- J1** **Semi-automated tracking: A Balanced Approach for Self-Monitoring Applications**  
 Eun Kyoung Choe, Saeed Abdullah, Mashfiqui Rabbi, Edison Thomaz, [Daniel A. Epstein](#),  
 Matthew Kay, Felicia Cordeiro, Gregory D. Abowd, Tanzeem Choudhury,  
 James Fogarty, Bongshin Lee, Mark Matthews, Julie A. Kientz  
 IEEE Pervasive Computing, Volume 16 Issue 1

## Workshops Organized

- 2018** **O3** **A Short Workshop on Next Steps Toward Long Term Tracking**  
 Jochen Meyer, [Daniel A. Epstein](#), Parisa Eslambolchilar, Judy Kay, Lie Ming Tang  
 CHI 2018 Workshop
- 2017** **O2** **New Frontiers of Quantified Self 3: Exploring Understudied Categories of Users**  
 Amon Rapp, Federica Cena, Judy Kay, Bob Kummerfeld, Frank Hopfgartner,  
 Till Plumbaum, Jakob Eg Larsen, [Daniel A. Epstein](#), Rúben Gouveia  
 UbiComp 2017 Workshop
- 2016** **O1** **New Frontiers of Quantified Self 2: Going Beyond Numbers**  
 Amon Rapp, Federica Cena, Judy Kay, Bob Kummerfeld, Frank Hopfgartner,  
 Till Plumbaum, Jakob Eg Larsen, [Daniel A. Epstein](#), Rúben Gouveia  
 UbiComp 2016 Workshop

## Workshop Publications

- 2017 W9 Exploring Opportunities for Storytelling with Everyday Personal Data**  
Daniel A. Epstein, James Fogarty, Sean A. Munson  
CHI 2017 Workshop (Quantified Data & Social Relationships)
- 2017 W8 Exploring New Design Directions for Menstrual Tracking Technology**  
Daniel A. Epstein, Nicole B. Lee, Jennifer H. Kang, Elena Agapie, Jessica Schroeder, Laura R. Pina, James Fogarty, Julie A. Kientz, Sean A. Munson  
CHI 2017 Workshop (Hacking Women's Health)
- 2015 W7 Personal Informatics in Everyday Life**  
Daniel A. Epstein  
UbiComp/ISWC 2015 Doctoral School
- W6 Wearables of 2025: Designing Personal Informatics at a Broader Audience**  
Daniel A. Epstein, Nicole B. Lee, Elizabeth Bales, James Fogarty, Sean A. Munson  
CHI 2015 Workshop (Beyond Personal Informatics: Designing for Experiences with Data)
- 2014 W5 Failures in Sharing Personal Data on Social Networking Sites**  
Daniel A. Epstein, James Fogarty, Sean A. Munson  
UbiComp 2014 Workshop (Disasters in Personal Informatics: The Unpublished Stories of Failure and Lessons Learned)
- W4 Design Considerations for Socially Sharing Quantified Self**  
Daniel A. Epstein, Elizabeth Bales and Sean A. Munson  
CHI 2014 Workshop (Beyond Quantified Self: Data for Wellbeing)
- 2013 W3 Improving Personal Informatics Through Social Sharing**  
Daniel A. Epstein  
UbiComp/ISWC 2013 Doctoral School (Junior Track)
- W2 Examining Obstacles to Sharing Fine-Grained Personal Activity Data**  
Daniel A. Epstein and James Fogarty  
CHI 2013 Workshop (Personal Informatics in the Wild: Hacking Habits for Health & Happiness)
- 2012 W1 Multi-Granularity Redundancy in Multi-Core SIMT**  
Daniel A. Epstein, Kevin Skadron, and Brett H. Meyer (2012).  
DFM&Y 2012 (Workshop on Design for Manufacturability and Yield)

## Teaching Experience

University of Washington

**2016** Teaching Assistant, Advanced Topics in HCI (CSE 510)  
Professor: James Fogarty. Aided in course design, project feedback.

**2015** Teaching Assistant, HCI Capstone (CSE 441)  
Professor: James Fogarty. Aided in course design, project critiques.

**2014** Head Teaching Assistant, Introduction to HCI (CSE 440)  
Professor: James Fogarty. Aided in course design, lecture preparation, project critiques.

**2013-Present** Research mentorship, Directed Research Groups (HCDE 496/596)  
With Sean Munson from 2013 to 2015. Mentored 19 masters and undergraduate students over 5 quarters.  
Work from group resulted in C3, C5, C6, W4, with student coauthors on C3, C5, C6.

Individual Students mentored outside Directed Research Groups

Monica Caraway (HCDE M.S., coauthor on C6, first author on J2)

Sol Choi (HCDE B.S.)

Jennifer Kang (CSE & iSchool B.S., coauthor on C9, C11, W8)

Tejas Bharadwaj (summer research, visiting from Bellevue High School)

King Xia (CSE B.S. honors thesis)

Jennifer Kam (summer research, visiting from Wellsley College)

**2013-2016** Tutor  
Data Structures and Algorithms (CSE 373), Data Abstractions (CSE 332),  
Software Design & Implementation (CSE 331), Database Systems Internals (CSE 444)

University of Virginia

**2009-2012** Teaching Assistant  
Introduction to Programming (CS 1110), Operating Systems (CS 4414),  
Game Design (CS 4501), Algorithms (CS 4102), Program and Data Representation (CS 2150)

## Professional Experience

**Summer 2017** Adobe, Research Intern, Creative Intelligence Lab  
Mentor: Mira Dontcheva  
Designing for telling stories of accomplishment with personal data.

**Summer 2015** FXPAL, Research Intern  
Mentors: Daniel Avrahami, Jacob Biehl  
Understanding and designing for breaks taken by knowledge workers, published in C8.

**2012-Present** University of Washington, Research Assistant, DUB Group  
Advisors: James Fogarty, Sean Munson  
Exploring how personal informatics can align with people's everyday experiences.

**2010-2012** University of Virginia, Undergraduate Research Assistant, LAVA Lab  
Advisors: Kevin Skadron, Brett Meyer  
Increasing manufacturing reliability in single-instruction, multiple-data (SIMD) processors.

**Summer 2011, 2012** Microsoft, Software Development Engineer in Test Intern, Xbox  
Wrote web service test framework for issuing game console commands

## Awards, Honors, and Service

### Program Committees

- 2018** CHI Workshop on Data Visualization on Mobile Devices
- 2017** PervasiveHealth  
CHI Workshop on Quantified Data and Social Relationships
- 2016** CHI Late-Breaking Work  
HealthWear
- 2015** UbiComp Workshop on New Frontiers on Quantified Self

### Reviewing

- 2014-2018** CHI
  - 2017-2018** CSCW
  - 2014-2017** UbiComp/IMWUT
  - 2016-2018** DIS
  - 2017** UIST
  - 2014-2015** MobileHCI
- Additional Journals including TiiS, IEEE Pervasive, and Human-Computer Interaction  
Special recognitions for reviewing at DIS 2016, CSCW 2017, CHI 2017, DIS 2017, CHI 2018

### Student Volunteering

- 2017** UbiComp/ISWC Student Volunteer Chair
- 2016** UbiComp/ISWC  
UIST Program Committee Meeting
- 2014** UbiComp/ISWC
- 2013** UbiComp/ISWC  
CHI

### Other Service

- 2016-2017** DUB Student Coordinator
- 2013-2017** UW ACM International Collegiate Programming Contest (ICPC) Coach
- 2013** DUB Food Coordinator

### Awards

- 2017** Adobe Research Fellowship Finalist  
Best Paper Award, CHI (for C11, top 1%)  
Best Paper Honorable Mention, CHI (for C10, top 5%)
- 2015** Best Paper Honorable Mention, CHI (for C4, top 5%)  
UbiComp Travel Grant
- 2013** UbiComp Travel Grant
- 2012** Louis T. Rader UVA CS Departmental award for excellence in service
- 2011** Louis T. Rader UVA CS Departmental award for excellence in teaching

## Invited Talks and Guest Lectures

- 2018** Everyday Personal Informatics  
Pennsylvania State University, January 2018

Everyday Personal Informatics  
FXPAL, January 2018

Everyday Personal Informatics  
University of California, Santa Cruz, January 2018

- 2017** Personal Tracking in Everyday Life  
Fitbit, July 2017

Everyday Personal Informatics  
Guest Lecture, HCDE 419 (Concepts in HCI), University of Washington, May 2017

- 2016** Crumbs: Lightweight Daily Food Challenges to Promote Engagement and Mindfulness  
Computer Science & Engineering Industrial Affiliates, University of Washington, October 2016

Behavior Change and Personal Informatics  
Guest Lecture, HCDE 419 (Concepts in HCI), University of Washington, April 2016

Using Personal Data in Everyday Life: Actionable Insights, Self-Representation, and Eliciting Support  
International Society for Research on Internet interventions (ISRII) Scientific Meeting, April 2016

Experiment Design and Statistics  
Guest Lecture, CSE 510 (Advanced Topics in HCI), University of Washington, January 2016

- 2015** A Lived Informatics Model of Personal Informatics  
Barriers and Negative Nudges: Exploring Challenges in Food Journaling  
Computer Science & Engineering Industrial Affiliates, University of Washington, October 2015

A Lived Informatics Model of Personal Informatics  
FXPAL, September 2015

Personal Informatics in Everyday Life  
HCI Seminar, Stanford University, September 2015

Receiving Value and Social Support from Personal Informatics Data  
University of Maryland, January 2015

- 2014** More than Interaction Design: Exposing the Breadth of HCI  
Guest Lecture, CS 3205 (HCI in Software Development), University of Virginia, October 2014

Task Analysis  
Guest Lecture, CSE 440 (Introduction to HCI), University of Washington, October 2014

- 2013** Fine-Grained Sharing of Sensed Physical Activity: A Value Sensitive Approach  
Computer Science & Engineering Industrial Affiliates, University of Washington, October 2013

## Selected Press

- 2017** Are You Making This Top Tracker Mistake? Here's How to Stop  
Fitbit Blog (Danielle Kosecki, October 2017)  
<https://blog.fitbit.com/memory-techniques>

Chances Are Your Period App is B.S.  
Cosmopolitan (Elizabeth Narins, May 2017)  
<http://www.cosmopolitan.com/health-fitness/a9598638/period-app-accuracy/>

Do Period Tracking Apps Work? They Might Not be as Accurate as You Think

Bustle (Georgina Lawton, May 2017)

<https://www.bustle.com/p/do-period-tracking-apps-work-they-might-not-be-as-accurate-as-you-think-55743>

The Awful Pinkness of Period Apps

The Atlantic (Sarah Zhang, May 2017)

<https://www.theatlantic.com/health/archive/2017/05/period-apps-pink/525207/>

How to Choose a Period Tracking App that Actually Works for You

Health.com (Amanda MacMillan, May 2017)

<http://www.health.com/sexual-health/period-tracker-app-complaints>

Period tracking apps often 'disappoint'

Gynecology and Technology (May 2017)

<http://www.figo.org/news/period-tracking-apps-often-'disappoint'-0015561>

Period-Tracking Apps get Failing Grade: They're Not Accurate. And They're Way Too Pink.

STAT News (Usha Lee McFarling, May 2017)

<https://www.statnews.com/2017/05/02/period-tracking-apps-flaws/>

**2016** From the Community: What Happens When You Take Off Your Fitness Tracker?

Chicago Tribune (Advocate Christ Medical Center, September 2016)

<http://www.chicagotribune.com/suburbs/daily-southtown/community/chi-ugc-article-what-happens-when-you-take-off-your-fitness-t-2016-09-16-story.html>

This is What Happens When You Stop Using Your Fitness Tracker

Men's Fitness (Brittany Smith, September 2016)

<http://www.mensfitness.com/life/gearandtech/what-happens-when-you-stop-using-your-fitness-tracker>

From Guilt to Relief: The Emotional Impact of Giving Up Activity Tracking

Yahoo! News, Digital Trends (September 2016)

<https://www.yahoo.com/news/guilt-relief-emotional-impact-giving-070948996.html>

Why You Shouldn't Feel Guilty About Ditching Your Fitbit

Time.com (Amanda MacMillan, September 2016)

<http://time.com/4500481/fitbit-fitness-tracker/>

Feel Guilty About Ditching Your Fitbit? You're Not Alone

Health.com (Amanda MacMillan, September 2016)

<http://www.health.com/fitness/fitbit-use-guilt>

New Reasons Why You Should Keep a Food Journal

Wall Street Journal (Sumathi Reddy, May 2016)

<http://www.wsj.com/articles/new-reasons-why-you-should-keep-a-food-journal-1463419285>

**2015** Food Journaling not as Easy or Effective as it Should Be: Study

Consumer Affairs (Christopher Maynard, April 2015)

<https://www.consumeraffairs.com/news/food-journaling-not-as-easy-or-effective-as-it-should-be-study-041715.html>

Why People Ditch Food Journal Apps

New York Magazine (Jesse Singal, April 2015)

<http://nymag.com/scienceofus/2015/04/why-people-ditch-food-journal-apps.html>

**2014** UW Study Finds Pros and Cons of Fitness Gadgets

King 5 News (July 2014)

## References

### **James Fogarty**

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University of Washington  
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### **Julie Kientz**

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& Engineering, University of Washington  
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& Engineering, University of Washington  
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### **Mira Dontcheva**

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Adobe Research  
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