Daniel A. Epstein

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http://depstein.net/

Employment

2018-Present
University of California, Irvine
Associate Professor, 2024-Present
Assistant Professor, 2018-2024
Department of Informatics, Donald Bren School of Information & Computer Sciences
Courtesy appointment, Department of Computer Science
Areas: Human-Computer Interaction, Ubiquitous Computing, Social Computing, Health

Education

2012-2018
University of Washington
Ph.D., Computer Science & Engineering, 2018
Dissertation title: Everyday Personal Informatics
Advisors: James Fogarty, Sean Munson
Committee: James Fogarty, Sean Munson, David McDonald, Mira Dontcheva, Jessica Hullman
M.S., Computer Science & Engineering, 2014

2008-2012
University of Virginia
B.S., Computer Science with Highest Distinction, 2012
Advisors: Kevin Skadron, Aaron Bloomfield

Conference Publications

2024 **C28** **Analyzing Smart Product-Service Systems in Use: The Case of Children-Oriented Wearables**
Işıl Oygür, <u>Daniel A. Epstein</u>, Yunan Chen
DRS 2024 [Acceptance Rate 46%]

C27 **Understanding the Lived Experience of Collaborative Pregnancy Tracking**
Xi Lu, Jacquelyn E. Powell, Elena Agapie, Yunan Chen, <u>Daniel A. Epstein</u>
CHI 2024 [Acceptance Rate 26%]

C26 **Understanding the Impact of Long-Term Memory on Self-Disclosure with Large Language Model-Driven Chatbots for Public Health**
Eunkyung Jo, Yuin Jeong, SoHyun Park, <u>Daniel A. Epstein</u>, Young-Ho Kim
CHI 2024 [Acceptance Rate 26%]

C25 **Socioeconomic Class in Physical Activity Wearables Research and Design**
Whitney-Jocelyn Kouaho, <u>Daniel A. Epstein</u>
CHI 2024 [Acceptance Rate 26%] Best Paper Honorable Mention, Top 5% of Submissions

C24 **Co-Designing Situated Displays for Family Co-Regulation with ADHD Children**
Lucas M. Silva, Franceli L. Cibrian, Clarisse Bonang, Arpita Bhattacharya, Aehong Min, Elissa M. Monteiro, Jesus Armando Beltran, Sabrina Schuck, Kimberley D. Lakes, Gillian R. Hayes, <u>Daniel A. Epstein</u>
CHI 2024 [Acceptance Rate 26%]

2023 **C23** **Unpacking the Lived Experiences of Smartwatch Mediated Self and Co-Regulation with ADHD Children**
Lucas M. Silva, Franceli L. Cibrian, Elissa M. Monteiro, Arpita Bhattacharya, Jesus Armando Beltran, Clarisse Bonang, Daniel A. Epstein, Sabrina Schuck, Kimberley D. Lakes, Gillian R. Hayes
CHI 2023 [Acceptance Rate 28%]

C22 **Understanding the Benefits and Challenges of Deploying Conversational AI Leveraging Large Language Models for Public Health Intervention**
Eunkyung Jo, Daniel A. Epstein, Hyunhoon Jung, Young-Ho Kim
CHI 2023 [Acceptance Rate 28%] Best Paper Award, Top 1% of Submissions

C21 **This Watchface Fits with my Tattoos: Investigating Customisation Needs and Preferences in Personal Tracking**
Rúben Gouveia, Daniel A. Epstein
CHI 2023 [Acceptance Rate 28%]

2022 **C20** **Designing Flexible Longitudinal Regimens: Supporting Clinician Planning for Discontinuation of Psychiatric Drugs**
Eunkyung Jo, Myeonghan Ryu, Georgia Kenderova, Samuel So, Bryan Shapiro, Alexandra Papoutsaki, Daniel A. Epstein
CHI 2022 [Acceptance Rate 25%]

C19 **Unpacking Intention and Behavior: Explaining Contact Tracing App Adoption and Hesitancy in the United States**
Jack Jamieson, Daniel A. Epstein, Yunan Chen, Naomi Yamashita
CHI 2022 [Acceptance Rate 25%]   Best Paper Honorable Mention, Top 5% of Submissions

2021 **C18** **Investigating Preferred Food Description Practices in Digital Food Journaling**
Lucas M. Silva, Daniel A. Epstein
DIS 2021 [Acceptance Rate 27%]

C17 **How Cultural Norms Influence Persuasive Design: A Study on Chinese Food Journaling Apps**
Xi Lu, Yunan Chen, Daniel A. Epstein
DIS 2021 [Acceptance Rate 27%]

C16 **Comparing Perspectives around Human and Technology Support for Contact Tracing**
Xi Lu, Tera L. Reynolds, Eunkyung Jo, Hwajung Hong, Xinru Page, Yunan Chen, Daniel A. Epstein
CHI 2021 [Acceptance Rate 26%]

C15 **The Lived Experience of Child-Owned Wearables: Comparing Children's and Parents' Perspectives on Activity Tracking**
Işıl Oygür, Zhaoyuan Su, Daniel A. Epstein, Yunan Chen
CHI 2021 [Acceptance Rate 26%]

2020 **C14** **Supporting Caring among Intergenerational Family Members through Family Fitness Tracking**
Qingyang Li, Clara Caldeira, Daniel A. Epstein, Yunan Chen
PervasiveHealth 2020 [Full Presentation; Acceptance Rate 33%]

C13 **Yarn: Adding Meaning to Shared Personal Data through Structured Storytelling**
Daniel A. Epstein, Mira Dontcheva, James Fogarty, Sean A. Munson
GI 2020 [Acceptance Rate 52%]

2018 **C12** **Examining Self-Tracking by People with Migraine: Goals, Needs, and Opportunities in a Chronic Health Condition**

Jessica Schroeder, Chia-Fang Chung, <u>Daniel A. Epstein</u>, Ravi Karkar,
Adele Parsons, Natalia Murinova, James Fogarty, Sean A. Munson
DIS 2018 [Acceptance Rate 23%]   Best Paper Honorable Mention, Top 5% of Submissions

2017   **C11**   **Examining Menstrual Tracking to Inform the Design of Personal Informatics Tools**
<u>Daniel A. Epstein</u>, 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, <u>Daniel A. Epstein</u>, Laura R. Pina, Jeffrey Scofield,
James Fogarty, Julie A. Kientz, Sean A. Munson, Roger Vilardaga, 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**
<u>Daniel A. Epstein</u>, 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**
<u>Daniel A. Epstein</u>, Daniel Avrahami, Jacob T. Biehl
CHI 2016 [Acceptance Rate 23%]

C7   **Crumbs: Lightweight Daily Food Challenges to Promote Engagement and Mindfulness**
<u>Daniel A. Epstein</u>, 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**
<u>Daniel A. Epstein</u>, 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**
<u>Daniel A. Epstein</u>, An Ping, James Fogarty, Sean A. Munson
UbiComp 2015 [Acceptance Rate: 30%]

C4   **Barriers and Negative Nudges: Exploring Challenges in Food Journaling**
Felicia Cordeiro, <u>Daniel A. Epstein</u>, 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**
<u>Daniel A. Epstein</u>, 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**
<u>Daniel A. Epstein</u>, 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**
<u>Daniel A. Epstein</u>, Alan Borning, James Fogarty
UbiComp 2013 [Acceptance Rate: 23%]

Journal Publications

2024   **J25**   **Community College Articulation Agreement Websites:
Students' Suggestions for New Academic Advising Software Features**

David V. Nguyen, <u>Daniel A. Epstein</u>, Shayan Doroudi

Community College Journal of Research and Practice

        J24   **Exploring Patient-Generated Annotations to Digital Clinical Symptom Measures
to Promote Patient-Centered Communication**

Eunkyung Jo, Rachael Zehrung, Katherine E. Genuario, Alexandra Papoutsaki, <u>Daniel A. Epstein</u>

Proceedings of the ACM: Human-Computer Interaction, Volume 8 Issue CSCW2

        J23   **Examining the Social Aspects of Pregnancy Tracking Applications**

Xi Lu, Jacquelyn E. Powell, Elena Agapie, Yunan Chen, <u>Daniel A. Epstein</u>

Proceedings of the ACM: Human-Computer Interaction, Volume 8 Issue CSCW1

        J22   **Powered by AI: Examining how AI Descriptions Influence Perceptions
of Fertility Tracking Applications**

Mayara Costa Figueiredo, Elizabeth Ankrah, Jacquelyn E. Powell, <u>Daniel A. Epstein</u>, Yunan Chen

Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT),
Volume 7 Issue 4

2023   **J21**   **Exploring Opportunities for Multimodality and Multiple Devices in Food Journaling**

Lucas M. Silva, Elizabeth Ankrah, Yuqi Huai, <u>Daniel A. Epstein</u>

Proceedings of the ACM: Human-Computer Interaction, Volume 7 Issue MHCI

        J20   **Exploring User Perspectives and Ethical Experiences of Teletherapy Apps:
A Qualitative Analysis of User Reviews**

Eunkyung Jo, Whitney-Jocelyn Kouaho, Stephen M. Schueller, <u>Daniel A. Epstein</u>

JMIR Mental Health, Volume 10 Issue 1

2022   **J19**   **SnapPI: Understanding Everyday Use of Personal Informatics
Data Stickers on Ephemeral Social Media**

Dennis Wang, Marawin Chheang, Siyun Ji, Ryan Mohta, <u>Daniel A. Epstein</u>

Proceedings of the ACM: Human-Computer Interaction, Volume 6 Issue CSCW2

        J18   **Revisiting Piggyback Prototyping: Examining Benefits and Tradeoffs
in Extending Existing Social Computing Systems**

<u>Daniel A. Epstein</u>, Fannie Liu, Andrés Monroy-Hernández, Dennis Wang

Proceedings of the ACM: Human-Computer Interaction, Volume 6 Issue CSCW2

        J17   **Understanding Cultural Influence on Perspectives Around Contact Tracing Strategies**

Xi Lu, Eunkyung Jo, Seora Park, Hwajung Hong, Yunan Chen, <u>Daniel A. Epstein</u>

Proceedings of the ACM: Human-Computer Interaction, Volume 6 Issue CSCW2

        J16   **Understanding People's Perceptions of Approaches to Semi-Automated Dietary Monitoring**

Xi Lu, Edison Thomaz, <u>Daniel A. Epstein</u>

Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT),
Volume 6 Issue 3

        J15   **GeniAuti: Toward Data-Driven Interventions to Challenging Behaviors
of Autistic Children through Caregivers' Tracking**

Eunkyung Jo, Seora Park, Hyeonseok Bang, Youngeun Hong, Yeni Kim,
Jungwon Choi, Bung Nyun Kim, <u>Daniel A. Epstein</u>, Hwajung Hong

Proceedings of the ACM: Human-Computer Interaction, Volume 6 Issue CSCW1

J14 **Adapting Multi-Device Deployments During a Pandemic: Lessons Learned from Two Studies**
Lucas M. Silva, Franceli L. Cibrian, <u>Daniel A. Epstein</u>, Arpita Bhattacharya, Elizabeth A. Ankrah, Jesus A. Beltran, Sabrina E. Schuck, Kimberley D. Lakes, Gillian R. Hayes
IEEE Pervasive Computing, Volume 21 Issue 1

2021 **J13** **Understanding and Supporting Self-Tracking App Selection**
Jong Ho Lee, Jessica Schroeder, <u>Daniel A. Epstein</u>
Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT), Volume 5 Issue 4

J12 **A Model of Socially Sustained Self-Tracking for Food and Diet**
Xi Lu, Yunan Chen, <u>Daniel A. Epstein</u>
Proceedings of the ACM: Human-Computer Interaction, Volume 5 Issue CSCW2

J11 **Understanding Delivery of Collectively Built Protocols in an Online Health Community for Discontinuation of Psychiatric Drugs**
Alexandra Papoutsaki, Samuel So, Georgia Kenderova, Bryan Shapiro, <u>Daniel A. Epstein</u>
Proceedings of the ACM: Human-Computer Interaction, Volume 5 Issue CSCW2

J10 **Deciding If and How to Use a COVID-19 Contact Tracing App: Influences of Social Factors on Individual Use in Japan**
Jack Jamieson, Naomi Yamashita, <u>Daniel A. Epstein</u>, Yunan Chen
Proceedings of the ACM: Human-Computer Interaction, Volume 5 Issue CSCW2

J9 **Understanding People's Use of and Perspectives on Mood Tracking Apps: An Interview Study**
Stephen M. Schueller, Martha Neary, Jocelyn Lai, <u>Daniel A. Epstein</u>
JMIR Mental Health, Volume 8 Issue 8

J8 **Goals, Life Events, and Transitions: Examining Fertility Apps for Holistic Health Tracking**
Mayara Costa Figueiredo, Thu Huynh, Anna Takei, <u>Daniel A. Epstein</u>, Yunan Chen
JAMIA Open, Volume 4 Issue 1

2020 **J7** **Mapping and Taking Stock of the Personal Informatics Literature**
<u>Daniel A. Epstein</u>, Clara Caldeira, Mayara Costa Figueiredo, Xi Lu, Lucas M. Silva, Lucretia Williams, Jong Ho Lee, Qingyang Li, Simran Ahuja, Qiuer Chen, Payam Dowlatyari, Craig Hilby, Sazeda Sultana, Elizabeth V. Eikey, Yunan Chen
Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT), Volume 4 Issue 4

J6 **Exploring Design Principles for Sharing of Personal Informatics Data on Ephemeral Social Media**
<u>Daniel A. Epstein</u>, Siyun Ji, Danny Beltran, Griffin D'Haenens, Zhaomin Li, Tan Zhou
Proceedings of the ACM: Human-Computer Interaction, Volume 4 Issue CSCW2

J5 **Raising the Responsible Child: Collaborative Work in the Use of Activity Trackers for Children**
Isıl Oyguِر, <u>Daniel A. Epstein</u>, Yunan Chen
Proceedings of the ACM: Human-Computer Interaction, Volume 4 Issue CSCW2

J4 **A Life of Data – Characteristics and Challenges of Very Long-Term Self-Tracking for Health and Wellness**
Jochen Meyer, Judy Kay, <u>Daniel A. Epstein</u>, Parisa Eslambolchilar, Lie Ming Tang
ACM Transactions on Computing for Healthcare (HEALTH), Volume 1 Issue 2

2018	J3	**Defining Adherence: Making Sense of Physical Activity Tracker Data**

Lie Ming Tang, Jochen Meyer, <u>Daniel A. Epstein</u>, Kevin Bragg, Lina Engelen, Adrian Bauman, Judy Kay

Proceedings of the ACM: Interactive, Mobile, Wearable and Ubiquitous Technologies (IMWUT), Volume 2 Issue 1

2017	J2	**Friends Don't Need Receipts: The Curious Case of Social Awareness Streams in the Mobile Payment App Venmo**

Monica Caraway, <u>Daniel A. Epstein</u>, 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, <u>Daniel A. Epstein</u>, 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

Book Chapters

2021	B3	**Challenges in Everyday Use of Mobile Visualizations**

<u>Daniel A. Epstein</u>, Tanja Blascheck, Sheelagh Carpendale, Raimund Dachselt, Jo Vermeulen

Chapter in Mobile Data Visualization, Chapman and Hall/CRC

	B2	**Opportunities and Challenges for Long-Term Tracking**

<u>Daniel A. Epstein</u>, Parisa Eslambolchiar, Judy Kay, Jochen Meyer, Sean A. Munson

Chapter in Advances in Longitudinal HCI Research, Springer Nature

2020	B1	**Monitoring Menses: Design Based Investigations of Menstrual Tracking Applications**

Sarah Fox, <u>Daniel A. Epstein</u>

Chapter in The Handbook of Critical Menstruation Studies, Palgrave MacMillan

Workshops Organized

2023	O6	**Symposium: Workgroup on Interactive Systems in Healthcare (WISH)**

<u>Daniel A. Epstein</u>, Aisling Ann O'Kane, Andrew D. Miller

CHI 2023 Symposium

2022	O5	**Grand Challenges for Personal Informatics and AI**

Lena Mamykina, <u>Daniel A. Epstein</u>, Predrag Klasnja, Donna Spruijt-Metz, Jochen Meyer, Mary Czerwinski, Tim Althoff, Eun Kyoung Choe, Munmun De Choudhury, Brian Y. Lim

CHI 2022 Workshop

2021	O4	**The Future of Research on Online Health Communities: Discussing Membership, Structure, and Support**

Alexandra Papoutsaki, Jina Huh-Yoo, Haley MacLeod, Lena Mamykina, Andrew D. Miller, Svetlana Yarosh, <u>Daniel A. Epstein</u>

CSCW 2021 Workshop

2018	O3	**A Short Workshop on Next Steps Toward Long Term Tracking**

Jochen Meyer, <u>Daniel A. Epstein</u>, 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, <u>Daniel A. Epstein</u>, 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, <u>Daniel A. Epstein</u>, Rúben Gouveia
UbiComp 2016 Workshop

Panels

2019	P1	**Women's Health, Wellbeing, & Empowerment**

Neha Kumar, <u>Daniel A. Epstein</u>, Catherine D'Ignazio,
Amanda Lazar, Andrea Parker, Muge Haseki, Anupriya Tuli
CSCW 2019 Panel

Demos

2022	D1	**Mindful Garden: Supporting Reflection on Biosignals in a Co-Located Augmented Reality Mindfulness Experience**

Lika Liu, Xi Lu, Richard Martinez, Dennis Wang, Fannie Liu, Andrés Monroy-Hernández, <u>Daniel A. Epstein</u>
CSCW 2022 Demo

Works-In-Progress and other Lightly Reviewed Works

2023	L2	**Effects of Scaling Up Non-Personalized Aspects of Apprentice-Style Research: Perceptions from Mentors and Mentees**

David Van Nugyen, <u>Daniel A. Epstein</u>, Shayan Doroudi
L@S Works-In-Progress

	L1	**Co-Designing for the Co-Use of Child-Owned Wearables**

Işıl Oygür, Yunan Chen, <u>Daniel A. Epstein</u>
IDC 2023 Works-In-Progress

Workshop Publications

2024	W24	**Confessions of a Cognitive Personal Informatics Skeptic**

<u>Daniel A. Epstein</u>
CHI 2024 Workshop (Future of Cognitive Personal Informatics)

	W23	**Incorporating Multi-Stakeholder Perspectives in Evaluating and Auditing of Health Chatbots**

Eunkyung Jo, Young-Ho Kim, Yuin Jeong, SoHyun Park, <u>Daniel A. Epstein</u>
CHI 2024 Workshop (Human-centered Evaluating and Auditing of Language Models)

2023	W22	**Planning for FamilyBloom: Helping ADHD Children and Family Co-Regulation through Tracking and Reflecting**

Lucas M. Silva, Gillian R. Hayes, <u>Daniel A. Epstein</u>
MobileHCI 2023 Workshop (Future of Cognitive Personal Informatics)

W21 **GeniAuti: Toward Data-Driven Interventions to Challenging Behaviors of Autistic Children through Caregivers' Tracking**
Eunkyung Jo, Seora Park, Hyeonseok Bang, Youngeun Hong, Yeni Kim, Jungwon Choi, Bung Nyun Kim, Daniel A. Epstein, Hwajung Hong
CHI 2023 Symposium (Workgroup on Interactive Systems in Healthcare)

W20 **Class in the Health and Personal Informatics Research and Design Space**
Whitney-Jocelyn Kouaho, Daniel A. Epstein
CHI 2023 Symposium (Workgroup on Interactive Systems in Healthcare)

2022 **W19** **Examining the Role of Conversational AI in Personal Informatics Systems for Collaborative Health Work and Care**
Eunkyung Jo, Young-Ho Kim, Yuin Jeong, Hyeri Kim, Hyun Jung Park, Daniel A. Epstein
CHI 2022 Workshop (Grand Challenges in Personal Informatics and AI)

W18 **Considering the Role of Personal Informatics Systems in Technology Ecosystems for Complex Health**
Xi Lu, Daniel A. Epstein
CHI 2022 Workshop (Designing Ecosystems for Complex Health Needs)

2021 **W17** **Comparing Social Support Differences in Activity Data Sharing on Dedicated and Broad Online Communities**
Dennis Wang, Jocelyn Eng, Nick Turpitka, Daniel A. Epstein
CSCW 2021 Workshop (The Future of Research on Online Health Communities)

W16 **Methods for Co-Designing Conversational Interactions for Digital Food Journaling**
Lucas M. Silva, David V. Nguyen, Daniel A. Epstein
CHI 2021 Workshop (Putting Conversational User Interface Design into Practice)

W15 **Exploring Tradeoffs in the Design Space of Human-Centered Semi-Automated Food Journaling**
Xi Lu, Sruthi Ramabadran, Edison Thomaz, Daniel A. Epstein
CHI 2021 Workshop (Future of Human-Food Interaction)

W14 **Practical Challenges in Piggyback Prototyping Social Media Experiences**
Dennis Wang, Marawin Chheang, Siyun Ji, Ryan Mohta, Daniel A. Epstein
CHI 2021 Workshop (Social Media as a Design and Research Site)

2020 **W13** **Exploring Voice Input Opportunities in Multimodal Food Journaling**
Lucas M. Silva, Yuqi Huai, Daniel A. Epstein
CHI 2020 Workshop (Conversational Agents for Health and Wellbeing)

2019 **W12** **Designing to Provide Social Support to Job Seekers After Prison Release**
Daniel A. Epstein, Naomi F. Sugie
CSCW 2019 Workshop (Life Transitions and Social Technologies)

W11 **Examining Self-Tracking by People with Migraine: Goals, Needs, and Opportunities in a Chronic Health Condition**
Jessica Schroeder, Chia-Fang Chung, Daniel A. Epstein, Ravi Karkar, Adele Parsons, Natalia Murinova, James Fogarty, Sean A. Munson
CHI 2019 Symposium (Workgroup on Interactive Systems in Healthcare)

2018 **W10** **Helping People Find Support through Data: Reflections from Four Projects on Sharing Personal Informatics Data Online**
Daniel A. Epstein
CSCW 2018 Workshop (Social Issues in Personal Informatics)

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)

	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)

Mentorship and Advising

University of California, Irvine

2018-Present Ph.D. Student Advising

Matthew Dressa | Informatics, Fall 2022-Present

Eunkyung Jo |C16, C20, C22, C26, J15, J17, J20, J24, W19, W21, W23| Informatics, Fall 2020-Present
  Google Ph.D. Fellowship Awardee, 2023-2025
  Best Paper Award, CHI 2023 (for C22)
  Completed Comprehensives Spring 2022, Advancement Spring 2023, Dissertation Proposal Winter 2024

Whitney-Jocelyn Kouaho |C25, J20, W20| Informatics, Summer 2022-Present
  Best Paper Honorable Mention, CHI 2024 (for C25)
  Completed Comprehensives Fall 2022, Advancement Spring 2024

Weijun Li | Informatics, Fall 2024-Present

Dennis Wang |J18, J19, W14, W17, D1| Informatics, Fall 2020-Present
  ARCS Foundation Scholar Awardee, 2023
  Completed Comprehensives Spring 2022, Advancement Spring 2023

M.S. Research Mentorship
Jun Zhu | Informatics, Spring 2023-Spring 2024
Neeraj Dharmadhikari | Computer Science, Winter 2021-Spring 2021
Jong Ho Lee |J7, J13| Computer Science, Winter 2020-Winter 2021
Tan Zhou |J6| Informatics, Spring & Summer 2019

Undergraduate Honors Thesis Mentorship
Nick Turpitka |W17| Business Information Management & Economics, Summer 2021-Spring 2022
  Winner of UCI ICS Undergraduate Award for Outstanding Contribution to Research
Yuqi Huai |J20, W13| Computer Science & Software Engineering, Winter 2019-Winter 2020
  Winner of UCI ICS Undergraduate Award for Outstanding Contribution to Research
Griffin D'Haenens |J6| Computer Science, Winter & Spring 2019
Zhaomin Li |J6| Software Engineering, Winter & Spring 2019

Undergraduate Research Mentorship
Emily Liang | Informatics, Summer 2024-Present
Julianne Louie | remote from Pomona College, Fall 2023-Present
Tara Mukund | remote from Pomona College, Fall 2023-Present
Chau Vu | remote from Pomona College, Fall 2023-Present
Angel Martins | Psychological Science, Fall 2023-Spring 2024
Van Pham | Software Engineering, Fall 2023-Spring 2024
Kyle Hu | Computer Science, Spring 2023-Spring 2024
Di-Yun Cheng | Informatics, Spring 2023-Summer 2023
Jacquelyn Powell |C27, J22, J23| Informatics, Spring 2022-Summer 2023
  Winner of UCI ICS Undergraduate Award for Outstanding Contribution to Research
Tim Chen | Computer Science, Winter 2023-Spring 2023
Jocelyn Eng |W17| Computer Science, Summer 2021-Summer 2022
Ileen Fan | Computer Science, Spring 2022
Qiran Wang | Informatics, Spring 2022
Allison Liu | Informatics & Music, Winter 2022
Georgia Kenderova |C20, J11| remote from Pomona College, Spring 2020-Summer 2021
Ryan Mohta |J19, W14| Computer Science, Summer 2020-Summer 2021
  SURP Fellowship, Summer 2020
David Nguyen | W16, J25 | Software Engineering, Fall 2020-Spring 2021
  NSF GRFP Awardee, 2022
Samuel So |C20, J11| remote from Pomona College, Winter 2020-Spring 2021
Sruthi Ramabadran |W15| Psychology, Fall 2020-Spring 2021
Edward Wu | Computer Science, Winter 2021
Marawin Chheang |J19, W14| Software Engineering, Winter 2020-Winter 2021
  SURF-IOT Fellowship & SURP Fellowship (Honorary), Summer 2020
Siyun Ji |J6, J19, W14| Informatics & Computer Science, Spring 2019-Summer 2020
Ryan Kato | Computer Science, Winter 2020-Spring 2020
Payam Dowlatyari |J7| Software Engineering, Winter 2020-Spring 2020
Sazeda Sultana |J7| Informatics, Winter 2020-Spring 2020
Simran Ahuja |J7| Informatics, Winter 2020-Spring 2020

Julie Tran | Informatics, Fall 2019-Winter 2020
Dakyung Go | I-SURF program, visiting from Kyung Hee University, Summer & Fall 2019
Craig Hilby |J7| visiting from University of Texas at Dallas, Summer 2019
Danny Beltran |J6| Informatics, Winter & Spring 2019
Kimberly Flores | Informatics, Winter & Spring 2019
Liangze Yu | Computer Science, Winter 2019

Graduated Ph.D. Students
Xi Lu |C16, C17, C27, J7, J12, J16, J17, J23, W14, W18, D1| Informatics, Fall 2019-Spring 2024
  ICS Steckler Family Endowed Fellowship Awardee, 2022-2023
  First position: Assistant Professor, Information Science, University of Buffalo
Lucas de Melo Silva |C18, C23, C24, J7, J14, J21, W13, W16, W22| Informatics, Fall 2019-Spring 2024
  Co-Advised with Gillian Hayes
  Fred M. Tonge Endowed Graduate Awardee, 2023
  First position: Assistant Professor, Computer Science, University of Iowa

Other Ph.D. Student Committees
Olivia Figueria | Advanced Spring 2024
Lidia Flores | Advanced Spring 2024
Emani Dotch | Advanced Winter 2024, Proposed Spring 2024
Thomas Grace | Advanced Spring 2022, Proposed Winter 2024
Lika Lu | Comprehensives Fall 2023, Advanced Winter 2024
Richard Martinez | Comprehensives Spring 2022, Advanced Spring 2023, Proposed Winter 2024
Nick Su | Comprehensives Fall 2022, Advanced Winter 2023, Proposed Fall 2024
Lu He | Comprehensives Fall 2019, Defended Summer 2023
David Kutas | Advanced Winter 2021, Defended Spring 2022
Tenzin Tselha | Advanced Fall 2021
Je Seok Lee | Defended Summer 2021
Fatema Akbar | Advanced Spring 2019, Defended Summer 2021
Mayara Costa Figueiredo | Comprehensives Fall 2018, Advanced Spring 2019, Defended Spring 2021
Ariel Han | Comprehensives Spring 2021
Chae Yoo | Advanced Winter 2021
Ali Rostami | Advanced Fall 2020
Ted Grover | Advanced Spring 2019
Mustafa Hussain | Advanced Spring 2019

M.S. Thesis Defenses
Colby Reyes | Fall 2021
Qingyang Li | Fall 2019

University of Washington
2013-2018 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, C13, W4, with student coauthors on C3, C5, C6.

Individual Students mentored outside Directed Research Groups
Monica Caraway |C6, J2| HCDE M.S., Winter 2016-Spring 2017
Sol Choi | HCDE B.S., Fall 2016
Jennifer Kang |C9, C11, W8| CSE & iSchool B.S., Winter 2016-Summer 2016
Tejas Bharadwaj | visiting from Bellevue High School, Summer 2015

King Xia | CSE B.S. honors thesis, Fall 2014-Spring 2015
Jennifer Kam | visiting from Wellsley College, Summer 2014

Fundraising

External Fundraising

$636,819
(2023-2028)
NSF CAREER HCC #2237389
Advancing Personal Wellbeing through Everyday Meaningful Self-Tracking Experiences
Sole PI

$20,000
(2021-2022)
Snap Research Creative Challenge
Building Shared Spaces for Mindfulness with Data
PI (with Co-PI Kurt Squire)

$15,000
(2021-2022)
NSF Diet Technology Workshop Seed Grant (subaward of #1851173)
Exploring Trade-offs in the Design Space of Human-Centered Semi-Automated Food Journaling
PI (with Co-PI Edison Thomaz)

$174,999
(2019-2022)
NSF CRII CHS #1850389
Examining a Multimodal Approach to Lower the Burden of Food Journaling
Sole PI

Internal Fundraising

$19,524
(2022-2023)
Interim COVID-19 Recovery Program
Sole PI

$15,000
(2022)
Noyce Fellows
AI and Health Equity
Co-PI (with Co-PIs Elena Agapie, Yunan Chen, Sean Young, Kai Zheng)

$25,000
(2021-2022)
ICTS Pilot Study Award
A Feasibility Study of an Innovative Informatics Application that Facilitates Tapering
of Psychiatric Medications Through Patient-Reported Outcomes and Shared Decision-Making
PI (with Co-Is Bryan Shapiro, Alexandra Papoutsaki)

$4,900
(2021)
Academic Senate Council on Research, Computing, and Libraries (CORCL)
Evaluating a Mobile App for Creating Data-Driven Stickers for Ephemeral Social Media
Sole PI

$4,920
(2020)
Academic Senate Council on Research, Computing, and Libraries (CORCL)
Children's Introduction to Wearable Technologies:
Use of Activity Trackers and Smartwatches in Families for Health Tracking
Sole PI

$75,000
(2020-2021)
ICS Research Award, Exploration Category
Self-Tracking, Prediction, and Technology Design in Fertility Care
Co-PI (with PI Yunan Chen, External Collaborator H. Irene Su)

$2,885
(2019)
Academic Senate Council on Research, Computing, and Libraries (CORCL)
Designing Data-Driven Stickers for Support and Advice on Social Media
Sole PI

Teaching Experience

2018-Present
University of California, Irvine
Instructor
Computer Supported Cooperative Work (IN4MATX 153): Spring 2024
Computer-Supported Cooperative Work (IN4MATX 251): Spring 2024
Research in Human-Centered Computing (IN4MATX 232): Winter 2022, Spring 2023, Winter 2024
Seminar Informatics (IN4MATX 209S): Fall/Winter/Spring 2020-2022
User Interaction Software (IN4MATX 133): Fall 2018, Fall 2019, Winter 2021, Winter 2022
Introduction to Ubiquitous Computing (IN4MATX 241/CS 248A): Winter 2019, Winter 2021
Moving Human Subjects Research Online (IN4MATX 299, with Stacy Branham): Spring 2020
Personal Informatics (IN4MATX 295): Winter 2020
User Interface Design & Evaluation (IN4MATX 231): Fall 2019

2014-2016
University of Washington
Teaching Assistant
Advanced Topics in HCI (CSE 510): Winter 2016
HCI Capstone (CSE 441): Spring 2015
Introduction to HCI (CSE 440): Autumn 2014

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

2009-2012
University of Virginia
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, published in C13.

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

2012-2018
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

Service, Awards, and Honors

2017-Present Program Committees
IMWUT (2021-Present), CHI (2019-2021, SC 2024-2025), CSCW (2020-2021), PervasiveHealth (2017, 2019-2020)
Regular program committees for workshops and symposia

2014-Present Ad-Hoc Reviewing
Regular conference and journal reviewing, including but not limited to: CHI, UbiComp/IMWUT, CSCW, DIS, UIST, MobileHCI, TOCHI, TiiS, IJHCI, IEEE Pervasive, JMIR, JASIST, Nature Human Behavior, Human-Computer Interaction, and Foundations & Trends in Human Computer Interaction
28 special recognitions for a review for CHI, UbiComp/IMWUT, CSCW, UIST, or DIS

University and Departmental Service
University of California, Irvine
2021-Present ICS Executive Committee, Vice-Chair (2021-2022), Member (2022-Present)
2024 Graduate Admissions Committee
2024 Faculty Hiring Committee, Teaching in Human-Computer Interaction and Design
2020 Faculty Hiring Committee, Health Informatics
2019 Faculty Hiring Committee, Human-Computer Interaction and Design
2018-Present Informatics Bachelor's Curriculum Committee, Steering Committee Chair since 2022
2019-Present HCIC governing board

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

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

Selected Awards
2024 ICS Dean's Award for Undergraduate Education
Best Paper Honorable Mention, CHI (for C25, top 5%)
2023 Best Paper Award, CHI (for C22, top 1%)
2022 Best Paper Honorable Mention, CHI (for C19, top 5%)
2019 Schloss Dagstuhl Travel Grant (for Dagstuhl Seminar 19292, Mobile Data Visualization)
2018 Best Paper Honorable Mention, DIS (for C12, top 5%)
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

2023 Towards More Meaningful Personal Tracking
Informatics Seminar, University of California, Irvine, November 2023

Towards More Meaningful Personal Tracking in Health and Wellbeing
Health Informatics Grand Rounds, University of Pittsburgh, July 2023

2022 Towards More Meaningful Personal Tracking
GVU Seminar, Georgia Tech, November 2022
HCII Seminar, Carnegie Mellon University, November 2022
Design Lab, UC San Diego, October 2022
MISC Seminar, University of Michigan, October 2022

A Less Quantified Self: Proposing Number-Informed, Rather Than
Number-Centered Personal Informatics for Health and Wellbeing
Human-Computer Interaction Consortium, June 2022

2021 Menstruation is Everyone's Business. Period.
Panelist, South Asia Center at the London School of Economics, March 2021

2020 Sharing Self-Tracked Data on Ephemeral Social Platforms
Snap Research, October 2020

Tracked Data and Women's Health
With Mayara Costa Figueiredo and Yunan Chen
SURF-IoT Program, University of California, Irvine, August 2020

Yarn: Adding Meaning to Shared Personal Data through Structured Storytelling
DUB Seminar, University of Washington, May 2020

2019 Overcoming Barriers to Everyday Personal Tracking
HCI@KAIST Seminar, December 2019

2018 Everyday Personal Informatics
University of Illinois, Urbana-Champaign, April 2018
University of Minnesota, Twin Cities, March 2018
University of California, Irvine, March 2018
Indiana University, Bloomington, March 2018
University of Chicago, March 2018
University of Utah, February 2018
University of Rochester, February 2018
Pennsylvania State University, January 2018
FXPAL, January 2018
University of California, Santa Cruz, January 2018

2017 Personal Tracking in Everyday Life
Fitbit, July 2017

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

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

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

Guest Lectures

2018-Present

University of California, Irvine
Health Self-Tracking Technologies
IN4MATX 171 (Introduction to Medical Informatics), February 2024

Health and the Quantified Self
IN4MATX 172 (Project in Medical Informatics), February 2022

Health Self-Tracking Technologies
IN4MATX 171 (Introduction to Medical Informatics), November 2021

Consumer Health Informatics
IN4MATX 171 (Introduction to Medical Informatics), November 2020

User's Experience with a Product Service System:
an Analysis of Activity-Oriented Wearables for Children
With Işıl Oygür
IN4MATX 295 (Connected Learning), February 2020

Aligning Personal Tracking with Everyday Life
ICS 90 (New Student Seminar) , December 2019
ICS H197 (Honors Seminar), October 2019

Field Deployments
IN4MATX 295 (Digital Methods), November 2019

Everyday Personal Informatics
ICS H197 (Honors Seminar), November 2018

2014-2017

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

Behavior Change and Personal Informatics
HCDE 419 (Concepts in HCI), April 2016

Experiment Design and Statistics
CSE 510 (Advanced Topics in HCI), January 2016

Task Analysis
CSE 440 (Introduction to HCI), October 2014

Other Universities

2014-Present　Finding Support Through Personal Informatics Data
CS 124 (User Interfaces and User Experience), Pomona College, April 2019

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

Selected Press

2022　The Future of Co-Located Social AR
Snap Blog (Rajan Vaish, May 2022)
https://www.snapcreativechallenge.com/takeaways2021/

2021　Venmo Can Reveal Too Much About You. People Like It Anyway
CNET (Laura Hautala, May 2021)
https://www.cnet.com/news/venmo-can-reveal-too-much-about-you-people-like-it-anyway/

2020　What your Period Tracker App Knows About You
Consumer Reports (Donna Rosato, January 2020)
https://www.consumerreports.org/health-privacy/what-your-period-tracker-app-knows-about-you/

2019　The Trouble with Period Trackers
Parentlology (Jenny Heitz, May 2019)
https://parentology.com/the-trouble-with-period-trackers/

2018　Period Tracking Apps Taught Me More About My Flow Than Sex Ed Ever Did
Mashable (Amanda Luz Herring Santiago, September 2018)
https://mashable.com/article/period-tracking-apps-sex-ed/

Drug Deals and Breakups: Venmo Social Feed Rankles Privacy Advocates
The Wall Street Journal (Peter Rudegeair, August 2018)
https://www.wsj.com/articles/drug-deals-and-breakups-venmo-social-feed-rankles-privacy-advocates-1533639600

The Race To Hack Your Period is On
Elle (Marina Khidekel, June 2018)
https://www.elle.com/beauty/health-fitness/a21272099/clue-period-app/

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

Period Tracking Apps are Unreliable, But Here's Why We Should Still Use Them
Verily Magazine (Gabriella Patti, August 2017)
https://verilymag.com/2017/08/reliable-accurate-period-tracker-online-app

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)