

## Employment


**2018-Present** University of California, Irvine  
Assistant Professor  
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

- 2020 C14** **Supporting Caring among Intergenerational Family Members through Family Fitness Tracking**  
Qingyang Li, Clara Caldeira, [Daniel A. Epstein](#), Yunan Chen  
PervasiveHealth 2020 (to appear)
- 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, [Daniel A. Epstein](#), 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**  
 [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

- 2020 J4 **A Life of Data – Characteristics and Challenges of Very Long-Term Self-Tracking for Health and Wellness**  
 Jochen Meyer, Judy Kay, Daniel A. Epstein, 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, Daniel A. Epstein, 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, [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

## Book Chapters

- 2020 B1 **Monitoring Menses: Design Based Investigations of Menstrual Tracking Applications**  
Sarah Fox, [Daniel A. Epstein](#)  
Chapter in The Handbook of Critical Menstruation Studies, Palgrave MacMilan (In Press)

## Workshops Organized

- 2020 O4 **Beyond Steps: Challenges and Opportunities in Fitness Tracking**  
Rushil Khurana, Abdeklareem Bedri, Patrick Carrington, [Daniel A. Epstein](#), Rúben Gouveia, Julian Ramos, Jason Wiese, Paweł W. Woźniak  
UbiComp 2020 Workshop
- 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

## Panels

- 2019 P1 **Women's Health, Wellbeing, & Empowerment**  
Neha Kumar, [Daniel A. Epstein](#), Catherine D'Ignazio, Amanda Lazar, Andrea Parker, Muge Haseki, Anupriya Tuli  
CSCW 2019 Panel

## Workshop Publications

- 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

## 2018-Present

University of California, Irvine

Ph.D. Student Advising

Xi Lu (Informatics, Fall 2019-Present)

Lucas de Melo Silva (Informatics, Fall 2019-Present)

Coauthor on W13

M.S. Research Mentorship

Jong Ho Lee (Computer Science M.S., Winter 2020-Present)

Undergraduate Honors Thesis Mentorship

Yuqi Huai (Computer Science & Software Engineering B.S., Winter 2019-Winter 2020)

Winner of UCI ICS Undergraduate Award for Outstanding Contribution to Research

Coauthor on W13

Griffin D'Haenens (Computer Science B.S., Winter & Spring 2019)

Zhaomin Li (Software Engineering B.S., Winter & Spring 2019)

Undergraduate Research Mentorship

Ryan Mohta (Computer Science B.S., Summer 2020-Present)

Marawin Chheang (Software Engineering B.S., Winter 2020-Present)

Ryan Kato (Computer Science B.S., Winter 2020-Spring 2020)

Payam Dowlat Yari (Software Engineering B.S., Winter 2020-Spring 2020)

Sazeda Sultana (Informatics B.S., Winter 2020-Spring 2020)

Simran Ahuja (Informatics B.S., Winter 2020-Spring 2020)

Siyun Ji (Informatics & Computer Science B.S., Spring 2019-Spring 2020)

Julie Tran (Informatics B.S., Fall 2019-Winter 2020)

Dakyung Go (I-SURF program, visiting from Kyung Hee University, Summer & Fall 2019)

Craig Hilby (visiting from University of Texas at Dallas, Summer 2019)

Danny Beltran (Informatics B.S., Winter & Spring 2019)

Kimberly Flores (Informatics B.S., Winter & Spring 2019)

Liangze Yu (Computer Science B.S., Winter 2019)

Ph.D. Topic Proposals

Je Seok Lee (Summer 2020)

Mayara Costa Figueiredo (Summer 2020)

Fatema Akbar (Fall 2019)

Ph.D. Advancement Committees

Chae Yoo (Summer 2020)

Fatema Akbar (Spring 2019)

Mayara Costa Figueiredo (Spring 2019)

Ted Grover (Spring 2019)

Mustafa Hussain (Spring 2019)

Ph.D. Comprehensive Exam Committees

Mayara Costa Figueiredo (Fall 2018)

Lu He (Fall 2019)

M.S. Thesis Defenses  
Qingyang Li (Fall 2019)

**2013-2018** University of Washington  
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., Winter 2016-Spring 2017)  
Coauthor on C6, J2  
Sol Choi (HCDE B.S., Fall 2016)  
Jennifer Kang (CSE & iSchool B.S., Winter 2016-Summer 2016)  
Coauthor on C9, C11, W8  
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

**\$174,999**  
**(2019-2021)** External Fundraising  
NSF CRII CHS #1850389  
Examining a Multimodal Approach to Lower the Burden of Food Journaling  
Sole PI

**\$4,920**  
**(2020)** Internal Fundraising  
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

**\$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

## Teaching Experience

**2018-Present** University of California, Irvine  
Instructor  
Moving Human Subjects Research Online (IN4MATX 299, with Stacy Branham): Spring 2020  
Personal Informatics (IN4MATX 295): Winter 2020  
User Interaction Software (IN4MATX 133): Fall 2018, Fall 2019  
User Interface Design & Evaluation (IN4MATX 231): Fall 2019  
Introduction to Ubiquitous Computing (IN4MATX 241/CS 248A): Winter 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)
- 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, 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

- Program Committees
- 2021** CHI (Subcommittee – Health)
- 2020** PervasiveHealth  
CSCW  
CHI (Subcommittee – Health)
- 2019** PervasiveHealth (Senior Program Committee)  
CHI (Subcommittee – Understanding People: Theory, Concepts, and Methods)
- 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-Present** CHI (2014-2020)  
UbiComp/IMWUT (2014-2020)  
CSCW (2017-2020)

DIS (2016-2020)

UIST (2017, 2019-2020)

MobileHCI (2014-2019)

Additional Journals including TiiS, IJHCI, IEEE Pervasive, JMIR, Nature Human Behavior, Human-Computer Interaction, and Foundations & Trends in Human Computer Interaction  
15 special recognitions for a review for DIS, UbiComp/IMWUT, CSCW, or CHI

#### University and Departmental Service

University of California, Irvine

**2020** Faculty Hiring Committee, Health Informatics

**2019** Faculty Hiring Committee, Human-Computer Interaction and Design

**2018-Present** Informatics Bachelor's Curriculum Committee

**2019-Present** HCIC representative

University of Washington

**2016-2017** DUB Student Coordinator

**2013-2017** UW ACM International Collegiate Programming Contest (ICPC) Coach

**2013** DUB Food Coordinator

#### Other Service

Student Volunteering

**2017** UbiComp/ISWC Student Volunteer Chair

**2016** UbiComp/ISWC

UIST Program Committee Meeting

**2014** UbiComp/ISWC

**2013** UbiComp/ISWC

CHI

#### Awards

**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

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

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

Field Deployments  
IN4MATX 295 (Digital Methods), University of California, Irvine November 2019

Everyday Personal Informatics  
ICS H197 (Honors Seminar), University of California, Irvine, 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

**2014-Present** Other Universities  
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

- 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  
Parentology (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)