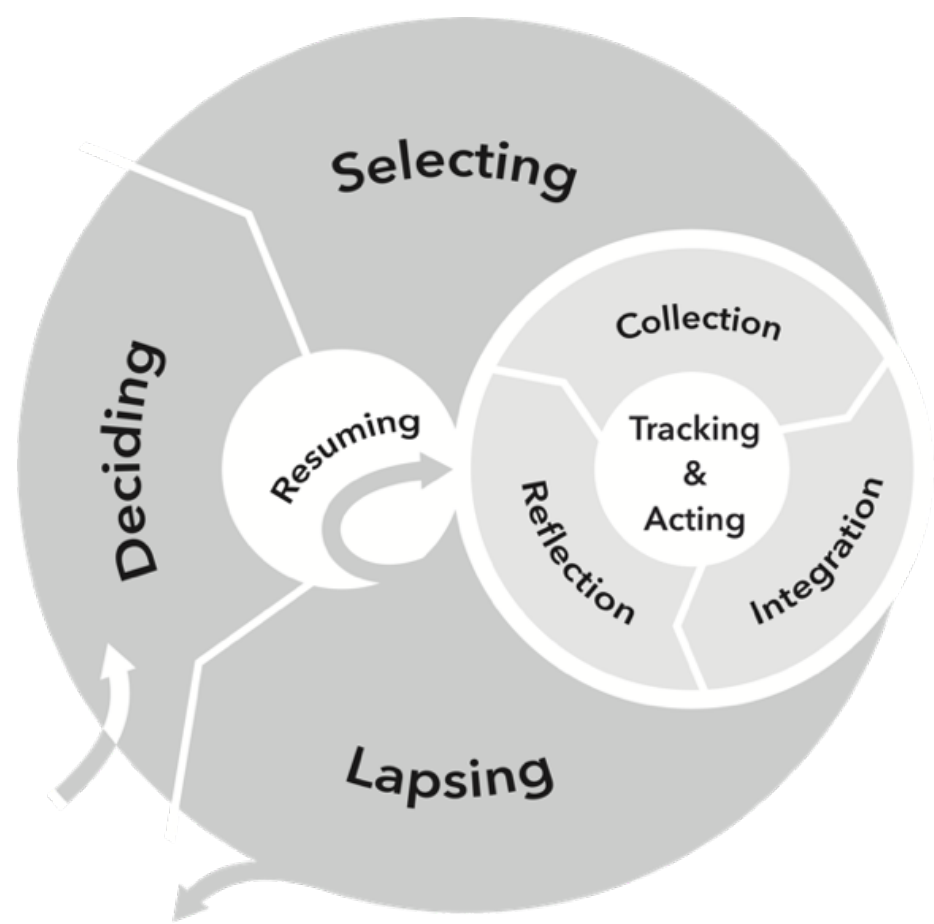


Personal Informatics in Everyday Life

Daniel A. Epstein, University of Washington

Tracking is now extremely popular, included in phones and watches by default.



People investigate self-tracking applications out of curiosity.

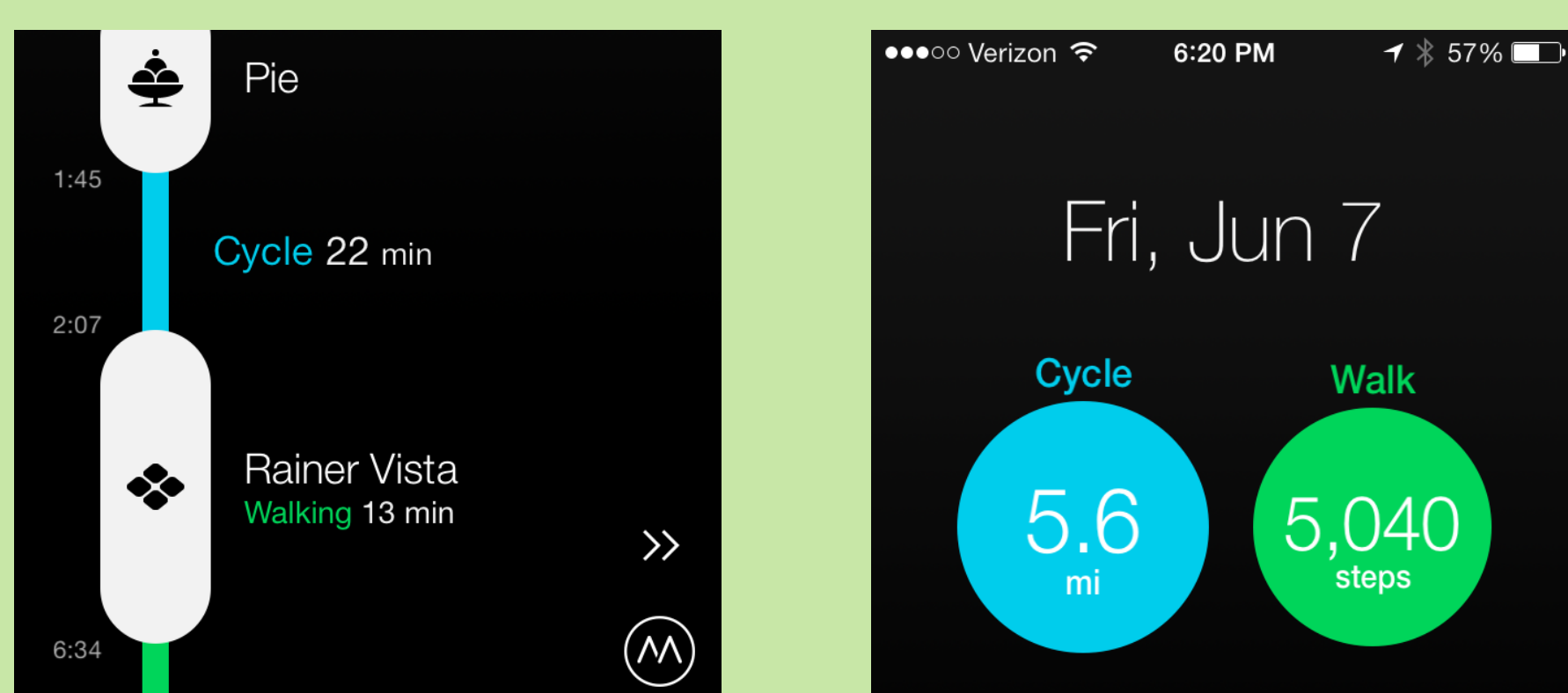
Tools break, and some tools require more effort than people are able to contribute.

I propose a new model embracing how people track in everyday life.

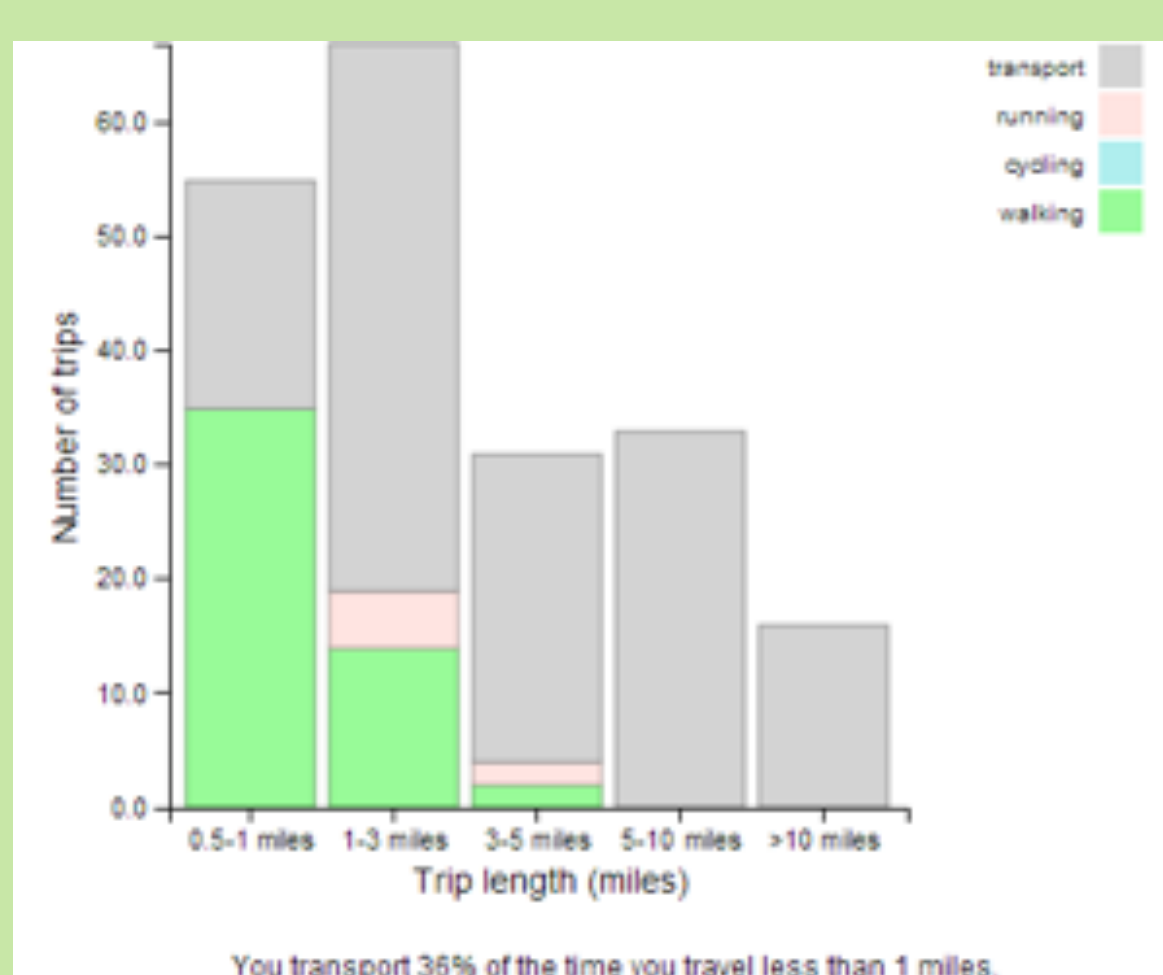
- Epstein DA, Ping A, Fogarty J, Munson SA. *A Lived Informatics Model of Personal Informatics*, Ubicomp 2015.

Tracking tools can better integrate into people's lives and practices.

Understanding High-Dimension Data



Tools place the burden of synthesis on the individual.

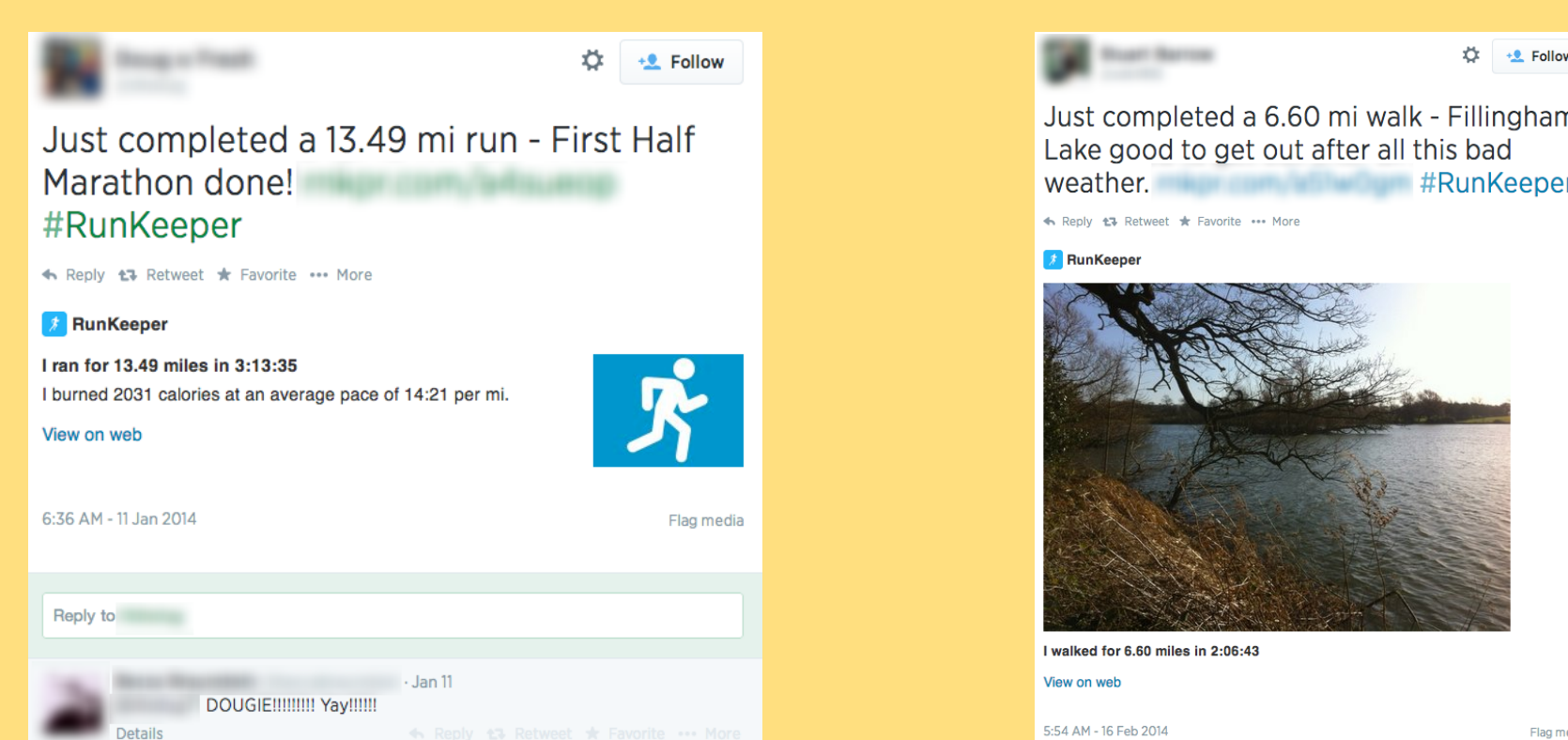


Day of week	Average arrival time	Average departure time
Sunday (0 days)	--	--
Monday (2 days)	8:10 AM	4:46 PM
Tuesday (2 days)	8:39 AM	5:08 PM
Wednesday (4 days)	9:49 AM	5:11 PM
Thursday (5 days)	8:35 AM	4:59 PM
Friday (3 days)	9:07 AM	3:01 PM
Saturday (0 days)	--	--

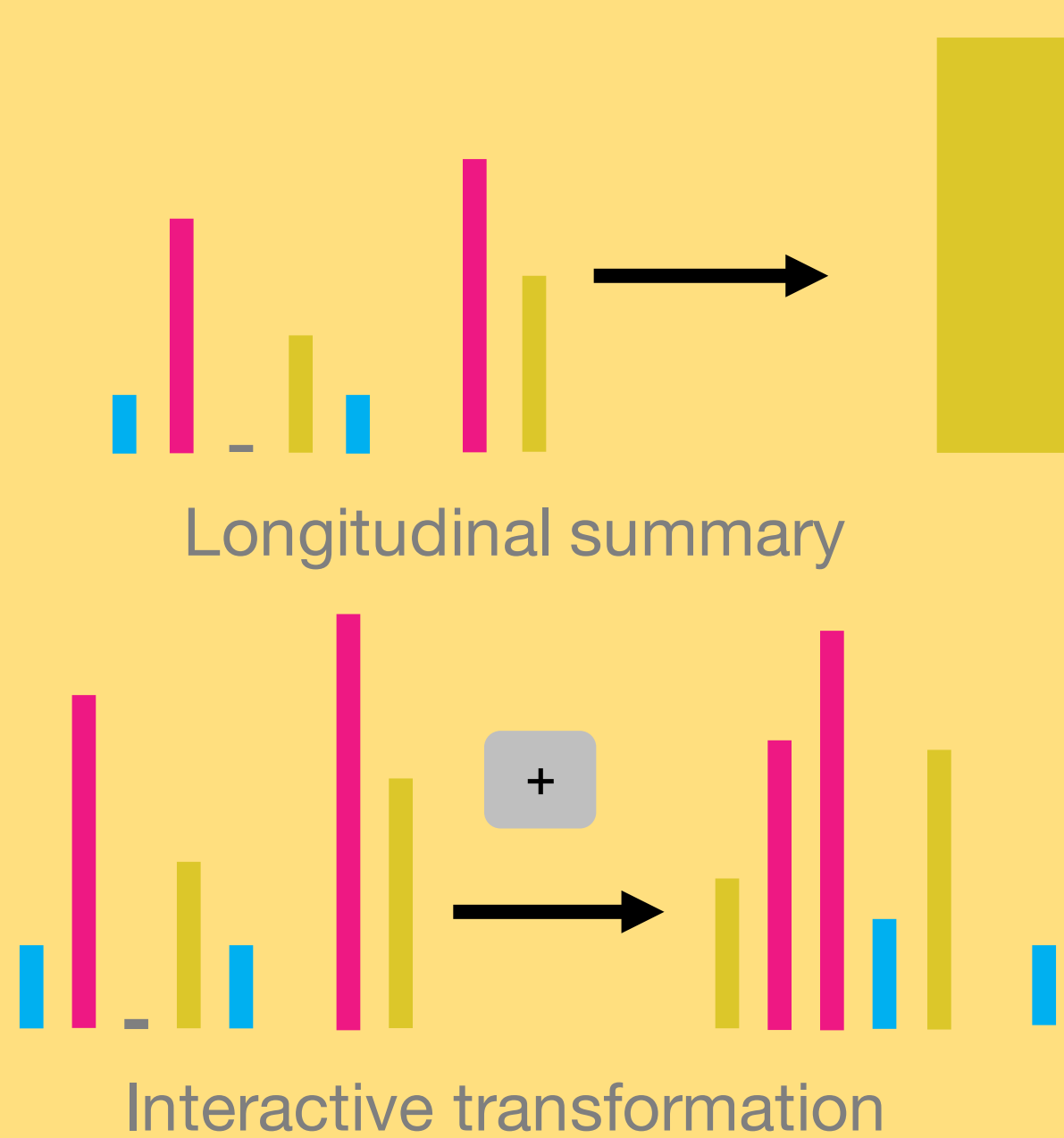
We developed a technique to help people learn from their data, visualizing subsets of data with a shared facet.

- Epstein DA, Cordeiro F, Bales E, Fogarty J, Munson SA. *Taming Data Complexity in Lifelogs: Exploring Visual Cuts of Personal Informatics Data*. DIS 2014.

Sharing Collected Activity Data



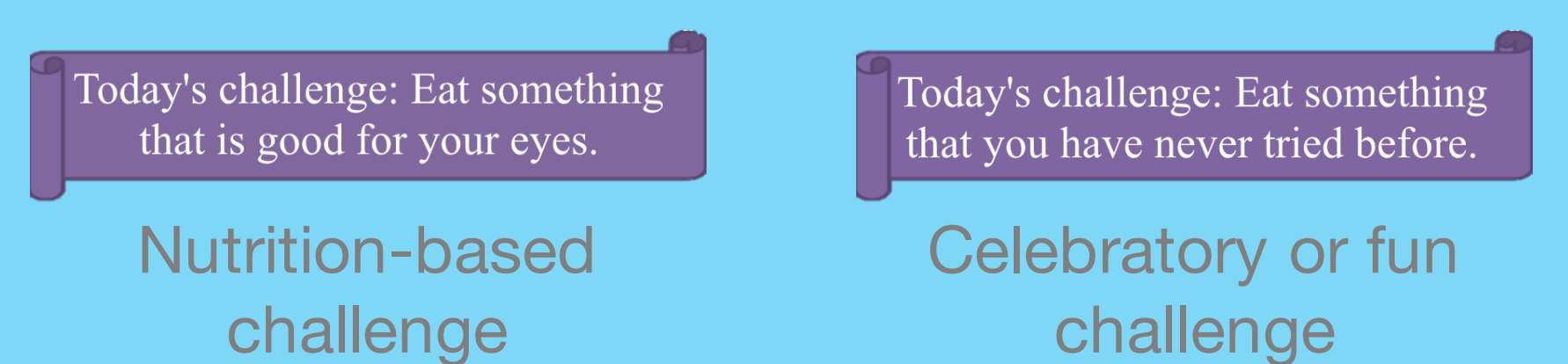
Posts receive more responses when they explain the importance of the activity or provide a picture.



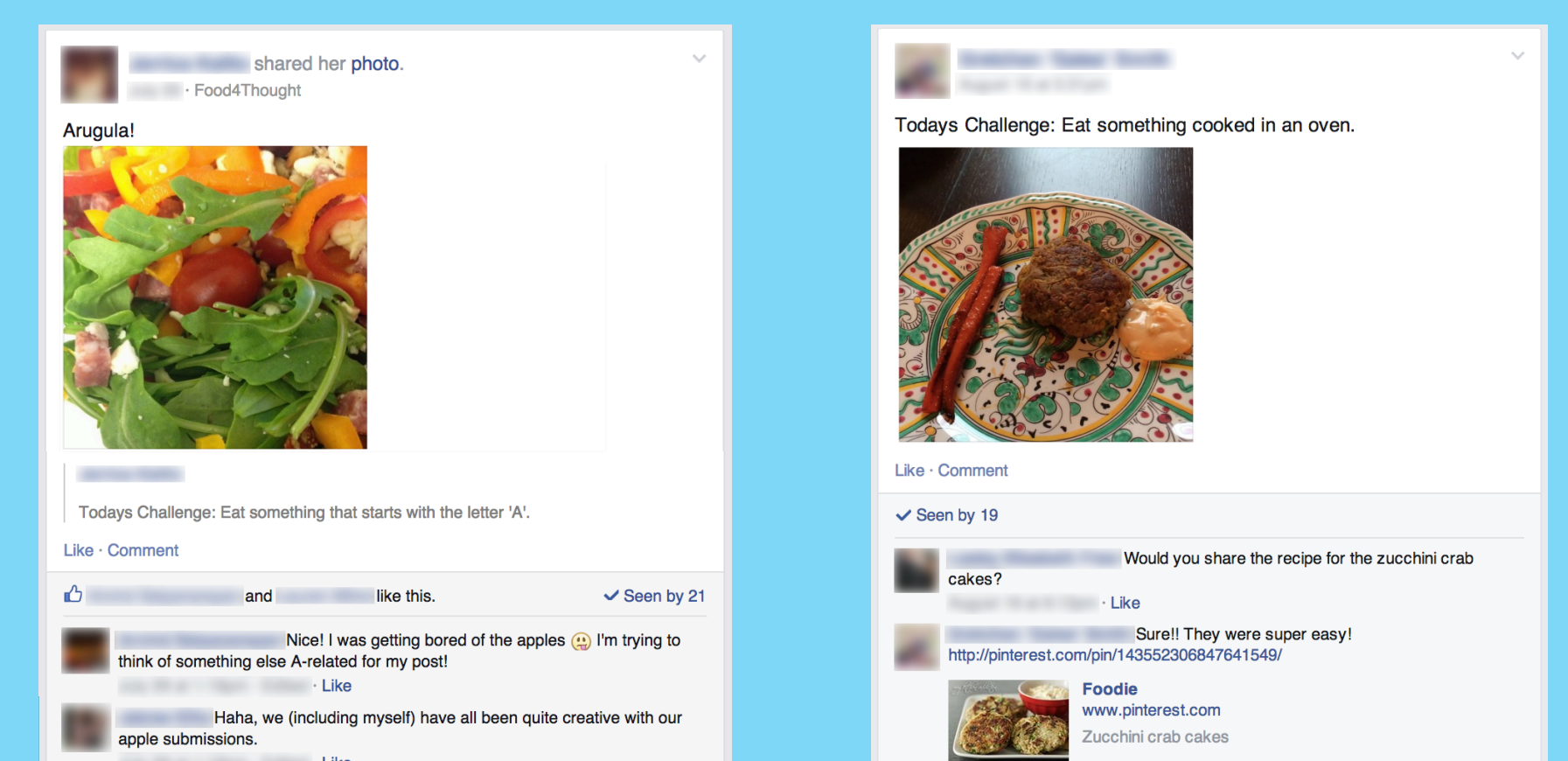
Activity can be transformed prior to sharing to protect privacy, though potentially at the expense of honesty.

- Epstein DA, Jacobson BH, Bales E, McDonald DW, Munson SA. *From "nobody cares" to "way to go!": A Design Framework for Social Sharing in Personal Informatics*. CSCW 2015.
- Epstein DA, Borning A, Fogarty J. *Fine-Grained Sharing of Sensed Personal Activity: A Value Sensitive Approach*. Ubicomp 2013.

Promoting Food Mindfulness

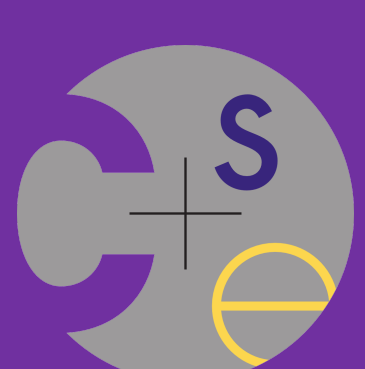


Instead of tracking of all foods consumed, varied daily challenges can effectively promote food mindfulness.



People engaged socially around the challenges, exchanging recipes and discussing food choices.

- Cordeiro F, Epstein DA, Thomaz E, Bales E, Jagannathan AK, Abowd GA, Fogarty J. *Barriers and Negative Nudges: Exploring Challenges in Food Journaling*. CHI 2015.
- Epstein DA, Cordeiro F, Hsieh G, Fogarty J, Munson SA. *Crumbs: Lightweight Daily Social Food Challenges to Promote Engagement, Mindfulness, and Learning*. In Preparation.



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