[1] Fritz, T., Huang, E. M., Murphy, G. C., and Zimmermann, T. Persuasive technology in

the real world: a study of long-term use of activity sensing devices for fitness. In Proceedings of

the SIGCHI Conference on Human Factors in Computing Systems (2014), ACM, pp. 487–496.

This article studies the long-term effects of using Personal Informatics tracking devices such as a “FitBit” or Nike’s “FuelBand”. A study of 30 participants of varying ages, fitness levels, and genders was conducted to see any potential patterns or changes in behaviour, activity and physical health. Many of the participants revealed that over time the motivating effects of the wristwatch wore off due to either the worn off novelty effect or the unhappiness derived from having a device judge one’s activity to be unsatisfactory on perhaps a more sedentary day. Despite this, at least in the short-term, almost all participants revealed that they felt encouraged to exercise more and be more active and overall more healthy due to the smart wristwatch. Moreover, the fact that the majority of people experienced short-term health benefits, such as weight loss from PI tracking watches illustrates the potential that the devices have of influencing long-term health and behaviours of those who wear them. All in all, the albeit small proportion of participants who were found to benefit long-term from the use of a smart PI tracking watch proves that it is worthwhile for continuing research and development in the area of PI tracking.