**Introduction – FD**

Personal informatics is a philosophy in which technology can aid the daily lives of people by collecting and processing data. This data can be monitored or manually entered in order to be collected. Personal Informatics tools are used for a variety of reasons, for example, to be therapeutic, or to change or improve one’s behaviour or psychology. Essentially, Personal Informatics tools accumulate someone’s data and feeds it back to the user through some form of data representation. For example, self-monitoring calorie consumption can help to keep track of diets, using graphs and other visual aids to demonstrate trends in the data. Personal Informatics can aid with “…internal states (such as mood or glucose level in the blood) or indicators of performance (such as the kilometres run).” [1]. Evidently, PI covers a vast amount of areas in our day to day lives, hence why PI tracking tools are so helpful.

With ever growing technological advancements, being able to use more and more PI trackers is becoming much easier. With technologies such as smart watches, sensors in our phones, Fitbits, etc… we are constantly surrounded by computers capable of PI tracking. Furthermore, “the pervasiveness of self-tracking in modern smartphones foreshadows an era where Personal Informatics will likely become ubiquitous making personal data available with minimal burden, easing the process of self-monitoring.” This means that it’ll become effortless for people to have PI capable tracking technologies and hence more people will be able to take advantage of such apps and be able to benefit from them.

However, PI tracking tools aren’t without their flaws. Many PI tracking tools lack helpful suggestions and consequently don’t always give users the helpful insight they were after. A common issue is the “excess of abstract visualisation in the apps” [3] which consequently can lead to users losing interest in PI tracking apps. Moreover, “we believe that current PI tools are not yet designed with enough understanding of these users’ needs, desires and problems that they may encounter.” [4] This implies that despite the overload of information we can be provide for these apps, the information given in return isn’t as useful as it should be.

[1] <https://www.researchgate.net/publication/264522564_Self-monitoring_and_Technology_Challenges_and_Open_Issues_in_Personal_Informatics>

[2] <https://www.researchgate.net/publication/303635819_Personal_Informatics_for_Everyday_Life_How_Users_without_Prior_Self-Tracking_Experience_Engage_with_Personal_Data>

[3] <https://www.sciencedirect.com/science/article/pii/S107158191630060X>

[4]<https://www.researchgate.net/publication/303635819_Personal_Informatics_for_Everyday_Life_How_Users_without_Prior_Self-Tracking_Experience_Engage_with_Personal_Data>