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Title: Everyday Personal Informatics

Abstract: Personal tracking technology has made it easier for people to better understand themselves and their routines around exercise, eating, finances, and more. Though some people succeed in achieving their goals, most encounter a fundamental barrier: the design principles used in tracking technology assume people are highly motivated, unwavering in their diligence, and have the expertise necessary to analyze their data. I will show a few projects I have worked on which explore how tracking technology can be improved to help people find value in their tracking and find support through their tracking.