

## **A Short Workshop on Next Steps Towards Long Term Self Tracking**

CHI 2018 - April 21, 2018 - Montreal, Canada

### **Background**

In recent years, we have seen an overwhelming development in sensors of personal health and wellbeing, enabling the technical and medical layperson to monitor parameters of health in real life. Now it is more and more understood that there are considerable potential opportunities from long term tracking covering periods of not just weeks or months, but years or decades, and ultimately lifelong use. There are already numerous ways of tracking large amounts of long term data, using dedicated tracking and logging tools, deploying the sensors in our smart phones and smart watches, or analyzing the digital traces that everybody leaves behind in social networks and online systems. Such long and very long term data should be able to facilitate uses cases beyond behavior change, e.g. discovering long term trends in behavior, monitoring progress against a long term target, reflecting on long term trends and patterns, supporting decision making, giving a lifelong health support, or discovering the impact of N-of-1 experiments. However, the current state of the art leaves people facing barriers that many people find insurmountable for making such uses of self tracking data. It has become clear that considerable work is needed to turn tracking from a toy to a tool.

### **Contributions**

We seek contributions investigating challenges and opportunities arising from long term use of self tracking tools, covering not just weeks or months, but potentially years or decades. Topics include, but are not restricted to:

- Use and abandonment
- Understanding incompleteness of data
- Designing interventions
- Use of tracking data by medical professionals
- New individual and community applications
- Challenges of interdisciplinary and long term research

### **Submission**

Submissions can be position papers, presenting – potentially controversial – points of view or perspectives. Or they can present scientific work, also work in progress or in an early stage. Submissions must use the CHI Extended Abstract template and be 2-4 pages in length. They must relate to the overall theme of the workshop, long term self tracking beyond weeks and months. The submissions must not be anonymized.

Submissions must be made to <https://easychair.org/conferences/?conf=longtermtracking2018>

**Important dates**

Submission: February 2, 2018

Notification of acceptance: February 22, 2018

Workshop: April 21, 2018

Participants are selected based on relevance of the submission to the workshop's topic of long term self tracking, the potential to stimulate discussion, and the overall quality of the submission. At least one author of each accepted paper must attend the workshop. All participants must register for both the workshop and at least one day of the conference.

**For further information see**

<https://longtermtracking.offis.de>